



RIVAL®

the incomparable, the original

CROCK-POT™

SLOW ELECTRIC STONEWARE COOKER

cookbook



IF PRODUCT OR PERFORMANCE DEFECTIVE
★
Good Housekeeping
GUARANTEES
REPLACEMENT OR REFUND TO CONSUMER

**Models 3100, 3101,
3102, 3300**

"cooks all day while the cook's away."™



A note from our Rival Home Economist

In all my years of experience I have never enjoyed such interesting and rewarding months as those spent testing this revolutionary slow cooker!

All of us are mighty interested in nutrition, flavor and economy. Well, you'll certainly get the best of all three with your Rival "Crock-Pot." Better flavor than you could ever get by boiling or frying. Slow "Crock-Pot" cooking is an excellent way to retain more vitamins, juices and minerals. You'll be thrilled at the tender, tasty meals you can serve, using less expensive meats. "Crock-Pot" cooks all day for about 3¢. What better way to conserve electricity — and save food money, too!

Forget about watching meals as they cook. Forget about that little question: "Will everything and everybody be ready at the same time?" Enjoy yourself while your "Crock-Pot" turns out perfect meals—unattended. Imagine this: during tests I actually simmered chicken and vegetables continuously for 30 hours—of course, far longer than necessary—yet they were still intact and actually good.

You will love having the "Crock-Pot" in your kitchen. It promises to be quite a change from what you're used to. For enjoyment at its best, as a starter, may I suggest pot roast or Swiss steak. Just don't be afraid to leave it alone for 10 hours. With the "Crock-Pot" in the kitchen, you don't have to be there.

The recipes in this book represent the many categories of foods you can prepare with ease and confidence. Because the "Crock-Pot" is so versatile, you'll want to adapt some of your own favorite recipes. I've prepared a guide (see page 13) to make things simpler for you.

Have fun cooking with your "Crock-Pot" Slow Cooker! For whatever you use it, it will save you time and give you better flavor.

Marilyn Reill

Home Economist, Rival Manufacturing Co.
General Offices: Kansas City, Mo. 64129

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CROCK-POT MODELS

Model No.	3100	3101	3102	3300 *
Capacity	3½-qt.	3½-qt.	2-qt.	4½-qt.

(See special cooking notes at bottom of many recipes.)

* Special information for properly using the 4½-quart model (3300) is contained on Page 12.

HOW TO COOK FOR TWO... OR TEN:

The CROCK-POT is made in several sizes, offering a variety of capacities. Most of the recipes in this book are intended for a family of four to six, and comfortably fill the 3½-quart models. To adapt recipes to the smaller or larger sizes, see Hints on Pages 10 and 12.

RIVAL GUARANTEE

This Rival product is precision built, inspected, and tested before leaving our factory. It is guaranteed against defects in materials and workmanship for one year, cord excluded. If found defective it should be returned prepaid to:

**Service Division, Rival Manufacturing Co.
2nd and Kentucky Sedalia, Mo. 65301**

or to an authorized service station, NOT TO DEALER. This Guarantee does not obligate us to replace or refinish the complete unit. It is for household use only and if used according to instructions should give years of satisfactory service.

NOTE: Authentic stoneware is fired under extreme heat. Therefore each Crock-Pot is individual, and differs slightly from every other Crock-Pot. This unique characteristic may result in a minor rocking of the lid, which should not be cause for concern. Low heat cooking does not allow escape of steam, so there will be no significant loss of juices, flavor, or nutrition.



BRAILLE EDITION AVAILABLE

A special 2-volume Braille edition of the Rival "Crock-Pot" Cookbook has been produced as an aid to the visually handicapped. It has all 150 recipes and information as contained in the printed version.

The Crock-Pot method of slow cooking is of special value to blind homemakers because it requires no open flames or exposed range-top elements. Concealed low-watt elements encircle the stoneware. The exterior is safe to touch. No stirring, watching or careful timing is necessary.

The Braille edition consists of 152 pages, size 11½ x 11 inches. For information, write the sponsor of this volunteer project:

**Braille Committee, Beth Shalom Sisterhood
2100 West 79th Ter. Prairie Village, Kans. 66208**

Introduction to Slow Cooking

S-l-o-w electric cooking in stoneware combines brand new - old time principles to produce exceptional flavor, nutrition and economy. Low-watt heat surrounds the food to bring it gently to the peak of perfection. The CROCK-POT does NOT heat from the bottom—so you'll have no scorching, less boiling away of juices and nutrients. Less chance of overcooking, or shrinking of meats.

This unique cooker, in its insulated case, uses only 70 watts of electricity on LOW. It will cook all day for two or three cents (based on a four cents-per-kilowatt-hour rate)! Does not heat the kitchen. When necessary, turn it to HIGH for faster cooking—it will still simmer on a modest 140 watts.

In addition to enjoying better flavor, more healthful meals, and saving money on meats and electricity, you will have more leisure time. No turning, no stirring, no adjusting heat, no timing to the minute. Just start the CROCK-POT and go off for the day! If you get home hours later than expected, the eating will still be mighty fine.

Leave your CROCK-POT alone all day, or all night; it's perfectly safe with its low wattage. Use it only to cook, or use it also as a server at your proudest table setting. Whatever you use it for will be in good taste!

Please read this book carefully. The CROCK-POT concept of slow cooking is so different—so improved over ordinary ways of preparing foods—that you'll be glad to learn about its advantages.

Facts About Meat And Nutrition

Two meals may consist of the same foods, but be totally different. The difference can be in the cooking temperature and method. One meal might be tender, tasty and very nutritious while the other is tough, tasteless and lacking in vitamins, protein and minerals.

Highly glazed crockery (stoneware) helps keep natural flavor and juices in, where you want them. This is because of thicker construction, and even distribution of heat. Concentrated heat can scorch, and burst food cells, driving flavor and liquid out. There is accord among experts about the advantages of cooking slowly. The following reasons are why the CROCK-POT will be so valuable to you:

MEAT CONSULTANTS AND HOME ECONOMISTS AGREE:

- You get better flavor from foods cooked at low temperature.
- Foods cooked at low temperatures are more tender.
- Meats cooked at low temperatures are juicier because less moisture evaporates.
- You will save more money on your food budget by cooking meats at low temperature, for two reasons: much less weight loss; and you can use less expensive cuts.
- The higher the temperature, the more electricity you use, so you save MORE money at lower temperatures.

A SUGGESTION: Combine meat or chicken with vegetables in your CROCK-POT. The meat or fowl will not shrink, and vegetables stay intact but cook through. Taste the liquid—perfect for gravy or “as is” over meat, dressing or potatoes. You will enjoy better meals; use less electricity; and spend less time in the kitchen!

Important CROCK-POT Hints

"Does it matter how I cut up vegetables?"

When roasting it might. Most vegetables should be cut in small pieces, or at least quartered, and placed near sides or bottom of the CROCK-POT. Carrots should be peeled and put where they will be covered by liquid. (An unusual characteristic of the CROCK-POT is that meats generally cook faster than most vegetables—depending on the age of the vegetables.)

"What are the cooking temperatures in the CROCK-POT?"

About 200° (just below boiling) on Low; and approximately 300° on High.

Due to the unique "wrap-around" heating system, low temperature and long cooking periods, CROCK-POT temperatures cannot accurately be compared to an oven or skillet.

"Can I cook small portions in the CROCK-POT?"

Yes, but cooking times will vary. Because there is no direct heat at the bottom, always fill CROCK-POT at least half full for proper cooking to conform to recommended times.

THERE'S A SPICY DIFFERENCE IN TASTE!

Meats will pick up desirable flavors from vegetables that they are cooked with. This might give you more flavor than you are used to. You can reduce quantities of vegetables such as onions and carrots, if desired, to fit personal taste. The same fact applies to fresh spices—a little goes a long way in the CROCK-POT!

Meats (especially cubed as for stew) should be clean, and wiped well, before cooking. If the meat is not being browned first, careful wiping will remove particles normally disposed of during browning—to insure the best flavor.

"Explain the High and Low temperature settings."

LOW uses 70 watts of electricity; HIGH requires 140 watts. Slow cooking is the "secret" of outstanding flavor, retention of natural nutrients, and carefree economy. One hour on HIGH is approximately equal to 2 to 2½ hours on LOW. (See recommended times with each recipe.) LOW is best setting most of the time. However, some recipes call for HIGH because of the nature of the foods, and to obtain the best consistency for that particular dish. HIGH also comes in handy to speed the cooking time.

Example: a recipe says cook 10 to 12 hours on LOW. You want to eat at 7 or 8 p.m. but can't start the CROCK-POT until noon. Turn to High for about 2 hours, then to Low for about 6 hours.

"Shouldn't I stir sometimes while cooking?"

It's never necessary to stir while cooking on Low heat. You don't HAVE to stir while cooking on High, but some recipes suggest it once in a while. While using High for short periods, occasional stirring improves the distribution of flavors throughout the entire recipe.

"How about making gravy."

Make it right in your CROCK-POT! Retain all that delicious flavor! Add some minute tapioca to any recipe when you want a thick gravy. It will thicken as it cooks! Or you may remove foods from the pot, leaving the juices. Prepare a smooth paste of approximately ¼ cup flour or cornstarch to ¼ cup water. Pour mixture into liquid in the CROCK-POT and stir well. Turn to High and when it comes to a boil (about 15 minutes) it is ready.

"What if I end up with too much liquid?"

Since the liquid content of meats and vegetables will vary, you may have a recipe turn out more liquid than desired. The excess can be reduced by removing the cover and setting the CROCK-POT on High for about 45 minutes. Most recipes cooked on Low will be juicier since the low heat prevents boiling away of flavorful liquids.

"Can I cook a roast without adding water?"

Yes — if cooked on Low. We recommend a small amount because the gravies are especially tasty. The more fat or "marbling" the meat has, the less liquid you need.

"What if the food isn't done after 8 hours . . . when the recipe says '8 to 10 hours.'"

This is due to voltage variations which are commonplace everywhere. Or altitude. Or even extreme humidity. The slight fluctuations in power which occur everywhere do not have a noticeable effect on most appliances. They can slightly alter the cooking times in the CROCK-POT due to the extended cooking times. Allow plenty of time, and remember it is practically impossible to overcook. You will learn through experience whether to use the shorter or longer time given.

"Can quick temperature changes harm my CROCK-POT?"

Yes. The cooking vessel within your CROCK-POT is stoneware. As with any fine ceramic, it will not withstand the shock of sudden temperature changes. So:

- Do not put in frozen, or very cold, foods IF the stoneware has been pre-heated or is hot to the touch.
- Do not attempt to wash your CROCK-POT right away after cooking, unless the water you pour in is hot.
- Do not use the CROCK-POT as a container for storing foods in the refrigerator.

Helpful CROCK-POT Hints

"Can I put frozen foods in the CROCK-POT?"

Certainly—they'll retain all their flavor and juices. But increase cooking time by two or three hours, or start on High for first hour or hour and a half.

"What about frozen casseroles?"

Fine! And you can leave them in their aluminum wraps. Casseroles should be heated five to eight hours (depending on weight and shape). The CROCK-POT is ideal for this because slow, gentle heating does not dry out the foods. Again, better flavor!

"Must I 'brown' meats first?"

Not unless there is considerable fat. Browning does cut down on the fat content. When meat is lean there is no need to brown it first, because the CROCK-POT improves flavor.

"Can you be more specific than 'cook 4 to 8 hours'?"

We could, but it wouldn't be really meaningful, simply because timing is not critical with the CROCK-POT. In four hours the food would be "done," but in four more hours it would be done a little more and more tender. That same recipe could cook for 10 hours, yet still not be overcooked! The deciding factor is individual preference (how well cooked do you want it?). Or you might be absent from home for 8-10 hours and desire to cook during this period.

"Do all these hints apply to the 2-quart size Crock-Pot?"

Yes. But most of the recipes should be reduced by half. A 3 to 4 pound roast or a 3 pound cut up chicken will fit very nicely. Amounts of vegetables may be reduced. Cooking times remain the same.

CROCK-POT®

care and cleaning

CAUTION: NEVER SUBMERGE CROCK-POT IN WATER.

As soon as possible after emptying your CROCK-POT, fill with hot soapy water to loosen food remains. Do not use abrasive cleaning compounds—a cloth, sponge or rubber spatula will usually remove the residue. If necessary, a plastic cleaning pad may be used.

If persistent stains do accumulate, they can be removed and the finish restored by using Dip-It or a Teflon cleaner. Use three or four tablespoons of cleaner with enough hot water to cover stain. Set on High for two hours (or overnight on Low), rinse well and dry.

Clean outside of pot with a soft cloth and warm soapy water. Wipe dry. Do not use abrasive cleaners.

If a slight discoloration appears inside the pot, it may be eliminated by wiping the crockery with a little vegetable oil to restore the sparkling appearance. Stoneware, being highly glazed and non-porous, can show water spots and streaks just as a window or mirror.

Care should be taken to avoid hitting the crockery against water faucets, as all crockery (stoneware) can be broken by a sharp blow.

Special Hints For 4½-Quart CROCK-POT — Model 3300

- When cooking meats and vegetables together on the Low setting, be sure to place vegetables on the bottom or where they will be kept moist.
- Avoid frequent removal of the cover for checking cooking progress or stirring. Significant amounts of heat escape whenever this occurs, with the result that proper cooking time must necessarily be extended (as it is every time you open your oven door). Designed to serve as a slow cooker, the CROCK-POT lacks the ability to recover heat losses quickly when cooking on the Low setting. And never remove the cover during the first two hours when baking breads or cakes.
- Be sure the removable Heat Control is fully inserted. Push firmly all the way in.
- To keep vegetables extra-moist when roasting on Low and when they are not covered by the meat, wrap them in foil OR use 1 cup of liquid instead of small amount called for in recipe.
- The size and shape of the 4½-quart CROCK-POT is ideal for larger roasts (6 to 8 pounds), baking hens (5 to 6 pounds), and picnic hams (to 7 pounds). These weights depend on shape. Except for these larger foods, cooking times will generally be the shorter times given in recipes.
- When recipes call for cooking more than 10 hours on Low, you may start on High for the first hour to complete cooking in the shorter time given.
- Model 3300 cooks at 95 and 150 watts.

GUIDE FOR ADAPTING RECIPES TO CROCK-POT COOKERY

This guide is designed to help you adapt recipes to the Crock-Pot—your own favorites and prized recipes collected from friends, food companies or newspapers and magazines. Our aim is to save preparation time with fewer steps *and* dishes...and to keep cooking simple.

In most cases, all ingredients can go into your Crock-Pot in the beginning *and* can cook all day. Many preparatory steps are unnecessary when using the Crock-Pot. For example, you never need to brown or sauté vegetables. If you feel unsure about a step, go ahead and follow the method given in the recipe.

A few hints to remember:

- Allow sufficient cooking time on “Low” setting.
- Do not add as much water as some recipes indicate.
- Remember—liquids don’t “boil away” as in conventional cooking. Usually you’ll have *more* liquid at the end of cooking instead of less.
- Cook with cover on—except to “brown off” liquids after cooking.
- It’s “one-step” cooking: many steps in the recipes may be deleted. Simply add ingredients to the Crock-Pot at one time and cook 8 to 10 hours (add any liquid last).
- Vegetables do not overcook as they do when boiled in your oven or on your range. Therefore, everything can go into the Crock-Pot at one time. Exception: milk, sour cream or cream should be added during last hour.

(Continued on page 66)

Recipes:



POT ROAST OF BEEF

(Melt in your mouth tender, and s-u-c-h flavor!)

- | | |
|--|------------------------------|
| 3 - 4 pound brisket, rump roast,
or pot roast | 1 - 2 onions |
| 2 - 3 potatoes | ½ cup water or beef consomme |
| 2 - 3 carrots | Salt and pepper to taste |

Put vegetables in bottom of CROCK-POT. Salt and pepper meat, then put in pot. Add liquid. Cover and cook on Low for 10 to 12 hours. (High: 5 to 6 hours.) Remove meat and vegetables with spatula.

ROAST BEEF VARIATIONS

German Style: Add 3 - 4 medium dill pickles and 1 teaspoon dill weed to above recipe.

Italian: Add 1 8-ounce can tomato sauce, 1 teaspoon oregano and 1 teaspoon basil to basic roast beef recipe.

French: Omit carrots and potatoes. Add 1 cup fresh sliced mushrooms (or 8-ounce can), 1 pound small peeled onions, and 1 cup red wine.

Without Vegetables: Season roast with salt, pepper and any other favorite seasonings. Add no liquid. Cook as directed for Pot Roast of Beef.

BEEF STEW



- | | |
|---|----------------------------------|
| 3 carrots, cut up | 1 bay leaf |
| 3 potatoes, cut up | 1 tablespoon salt |
| 2 pounds beef chuck or stew meat,
cut in 1½-inch cubes | ½ teaspoon pepper |
| 1 cup water or beef stock | 1 teaspoon paprika |
| 1 teaspoon Worcestershire sauce | 3 onions, quartered |
| 1 clove garlic | 1 stalk celery with tops, cut up |

Put all ingredients in CROCK-POT in order listed. Stir just enough to mix spices. Cover and set to Low for 10 to 12 hours. (High: 5 to 6 hours).

POT-ROASTED PORK

4 - 5 pound loin end pork roast	2 bay leaves
Salt and pepper	1 whole clove
1 clove garlic, sliced	1 cup hot water
2 medium onions, sliced	2 tablespoons soy sauce

Rub pork roast with salt and pepper. Make tiny slits in meat and insert slivers of garlic. Place roast in broiler pan and broil 15 to 20 minutes to remove excess fat.

Put 1 sliced onion in bottom of CROCK-POT. Add browned pork roast and remaining onion and other ingredients. Cover and cook 1 hour on High then turn to Low and cook until done—about 10 hours.

To thicken gravy: Remove roast to serving platter. Blend 2 tablespoons cornstarch with 2 tablespoons cold water to form smooth paste. Set on High and pour in paste. Stir well and let come to boil—about 15 minutes—until thickened.

To keep tops of meat and vegetables moist when cooking smaller amounts, put a small "tent" of aluminum foil directly on top of food.



SPARERIBS - CABBAGE 'N KRAUT

3 - 4 pounds lean spareribs, cut in serving pieces	1 apple, quartered, cored and sliced
Salt and pepper	1 teaspoon caraway seeds or dill weed
1 small can sauerkraut	1 cup water
½ small head cabbage, thinly sliced	1 teaspoon salt
1 large onion, thinly sliced	

Sprinkle spareribs with salt and pepper. Brown spareribs for 30 minutes in heavy skillet or broiler pan. Put alternate layers of spare ribs, sauerkraut, cabbage, onion and apple in CROCK-POT. Add caraway seeds or dill weed to water and pour over all. Cover and set to Low for 6 to 8 hours. (High: 4 to 5 hours. Stir several times during cooking, when using High only). NOTE: May be prepared using all sauerkraut or all cabbage, if desired.

BRISKET DINNER

5 pound fresh brisket, well
trimmed
1 large onion, chopped
1 large carrot, chopped
2 teaspoons salt
1 bay leaf

1 cup water
½ teaspoon whole thyme
1 pound small boiling onions,
peeled
6 medium-sized carrots, cut in
strips about ¼-inch thick

Cut brisket in half or roll to fit into CROCK-POT. Add chopped onion, chopped carrot, salt, bay leaf, thyme and water. Cover and cook on Low for 10 to 12 hours. When meat is done, lift gently from stock supporting underneath with spatula; keep warm. Add small onions and carrots to stock in CROCK-POT. Cover and set to High for 1 to 2 hours. Remove vegetables from broth with a slotted spoon and arrange around meat.

HOT DOG . . . Perfection!

Prepare hot dogs in the CROCK-POT—*using no water!* Just drop in the dogs (or Knockwurst, or Polish Sausage) and cook them in their own juice on High 45 minutes to an hour. In about one hour, the dogs will begin to 'brown' wherever they touch the sides of the pot.

Extra Treat: A few minutes before serving, warm up some hot dog buns in the pot. Makes a winning combination!

HUNGARIAN GOULASH

2 pound round steak, cut
in ½-inch cubes
1 cup chopped onion
1 clove garlic, minced
2 tablespoons flour
1 teaspoon salt
½ teaspoon pepper

1 tablespoon paprika
¼ teaspoon dried thyme, crushed
1 bay leaf
1 can tomatoes
(1 pound-12 ounce)
1 cup sour cream

Put steak cubes, onion, garlic in CROCK-POT. Stir in flour and mix to coat steak cubes. Add all remaining ingredients except sour cream. Stir well. Cover and cook on Low for 7 to 10 hours. Add sour cream 30 minutes before serving, and stir in thoroughly. (High: 5 to 6 hours, stirring occasionally). Serve over hot buttered noodles.

STUFFED GREEN PEPPERS

- | | |
|--|--|
| 6 small green peppers, tops removed and seeded | ½ teaspoon salt |
| 1 pound ground ham (approx. 3 cups) | ¼ cup ketchup |
| ⅓ cup raw rice | 1 cup ketchup |
| ⅔ cup water | ½ cup water |
| ½ cup chopped onion | 4 carrots, peeled and cut in 3-inch pieces |

Wash green peppers; drain well. Salt cavity lightly. Combine in medium bowl: ground ham, rice, water, onion, salt and ¼ cup ketchup. Mix well. Stuff green peppers ⅔ full. Arrange stuffed peppers in CROCK-POT (may be stacked) with carrot pieces to help support peppers. Pour in ketchup and water. Cover and cook on Low for 6 to 8 hours. (High: 3 hours.) Serve on a bed of rice and pour tomato sauce over top.

HEARTY BEEF STEW

(Old Fashioned flavor like Grandma's . . . thanks to the tapioca!)

- | | |
|---|--|
| 2 pounds stew beef, cut in 1-inch cubes | ½ cup quick-cooking tapioca |
| 5 carrots, cut in 1-inch pieces | 1 whole clove (or ½ teaspoon ground clove) |
| 1 large onion, cut in chunks | 2 bay leaves |
| 3 stalks celery, sliced | Salt and pepper to taste |
| 1 large size can tomatoes | |

Trim all fat from meat. Put all ingredients in CROCK-POT. Mix thoroughly. Cover and cook on Low 12 hours. (High: 5 to 6 hours.)

DOWN SOUTH BARBECUE

- | | |
|---|--------------|
| 2 onions, sliced | 5 - 6 cloves |
| 4 - 5 pound pork roast, or fresh picnic ham | 2 cups water |

Put half of onions in bottom of CROCK-POT then add meat and other ingredients with remaining onion on top. Cover and cook overnight or 8 to 12 hours on Low.

- | | |
|--------------------------------|------------------------|
| 16-ounce bottle barbecue sauce | 1 large onion, chopped |
|--------------------------------|------------------------|

Remove bone and fat from meat. Put meat back in CROCK-POT. Add chopped onion and barbecue sauce. Cover and cook additional 3 to 5 hours on High or 8 to 12 hours on Low, stirring two or three times. Serve from CROCK-POT on large buns.

SPICY BRAISED HAM

- | | |
|---|----------------------------|
| 2 to 2½ pound smoked boneless
pork shoulder butt | 1 bay leaf |
| 2 cups water | 4 whole peppercorns |
| 6 whole cloves | 1 stalk celery, cut up |
| | 1 carrot, pared and sliced |

Put all ingredients in CROCK-POT. Cover and cook on Low 6 to 8 hours. (High: 3 to 4 hours.) Drain and serve.

Spicy Ham Platter: Slice cooked ham butt ½-inch thick and place in shallow baking pan. Cover with glaze consisting of a 10-ounce jar of currant jelly, 3 tablespoons fresh horseradish and ½ teaspoon prepared mustard which has been heated and mixed until smooth. Bake uncovered about 30 minutes.



CANTONESE DINNER

- | | |
|--|-------------------------------------|
| 1½ pounds pork steak, ½-inch
thick, cut into strips | ¾ cup evaporated milk |
| 2 tablespoons oil | 8-ounce can tomato sauce |
| 1 large onion, sliced | 3 tablespoons brown sugar |
| 1 small green pepper, cut
into strips | 1½ tablespoons vinegar |
| 1 4-ounce can mushrooms,
drained | 1½ teaspoons salt |
| | 2 teaspoons Worcestershire
sauce |

Brown pork strips in oil in skillet to remove excess fat. Drain on double paper towel. Place pork strips and all remaining ingredients into CROCK-POT. Cover and cook on Low for 6 to 8 hours. (High: 4 hours.) Serve over hot fluffy rice.

"CHICKEN LICKIN' GOOD" PORK CHOPS

- | | |
|---|-----------------------------|
| 6 to 8 lean pork chops,
1-inch thick | 1½ teaspoon dry mustard |
| ½ cup flour | ½ teaspoon garlic powder |
| 1 tablespoon salt | 2 tablespoons oil |
| | 1 can chicken and rice soup |

Dredge pork chops in mixture of flour, salt, dry mustard and garlic powder. Brown in oil in large skillet. Place browned pork chops in CROCK-POT. Add can of soup. Cover and cook on Low for 6 to 8 hours. (High: 3½ hours.)

PORK CHOP ABRACADABRA

(. . . with a touch of sauce-ry!)

Brown pork chops well and season lightly with salt and pepper. Place in CROCK-POT and cook on Low 6 to 8 hours. Use any **one** of the following sauces for a special treat:

- | | |
|-------------------------------|-----------------------------|
| 1 can cream of mushroom soup | 1 can cream of chicken soup |
| 1 can pork chop cooking sauce | 1 can chicken-rice soup |
| 1 can sweet and sour sauce | 1½ cups barbecue sauce |

SWISS STEAK

- | | |
|--|------------------------------|
| 2 pounds round or Swiss steak,
cut ¾-inch thick | 1 large onion, thinly sliced |
| | 1 can tomatoes (1 pound) |

Salt and pepper to taste

Cut round steak into serving pieces; season with salt and pepper and place in CROCK-POT with sliced onion. Pour tomatoes over all. Cover and set to High for 1 hour then turn to Low for 8 to 10 hours.

CREAMY SWISS STEAK: Follow recipe for Swiss Steak substituting 1 can mushroom soup (10 ounces) and ½ can water for tomatoes. Spread soup evenly over top.

This recipe may be doubled for the 4½-quart CROCK-POT.

BOURBON 'N BEEF ROAST

- | | |
|--|--------------------------|
| 4 potatoes, peeled
and quartered | 4 - 5 pound rolled roast |
| 2 carrots, pared and cut
in 3" pieces | 1 bay leaf |
| 2 stalks celery, cut up | ½ teaspoon basil |
| | 4 ounces bourbon |
| | ¼ cup water |

Put all ingredients in CROCK-POT. Cover and cook on Low for 10 to 12 hours. (High: 5 to 6 hours).

Make MONDAY a fun day — Lock the door . . . go off for the day. Go to work relieved, or visit friends. Before you leave, put one of these recipes in your CROCK-POT and when you get home your hot food will be waiting!

HAM AND SCALLOPED POTATOES

6 to 8 slices of ham
8 to 10 medium potatoes,
peeled and thinly sliced
2 onions, peeled and thinly
sliced
Salt and pepper to taste

1 cup grated Cheddar or
American cheese
1 10-ounce can cream of
celery or mushroom soup
Paprika

Put half of ham, potatoes and onions in CROCK-POT. Sprinkle with salt and pepper, then grated cheese. Repeat with remaining half. Spoon undiluted soup over top. Sprinkle with paprika. Cover and cook on Low 8 to 10 hours. (High: 4 hours).

Ingredients may be increased by half for the 4½-quart model.



ROUND STEAK CASSEROLE

2 pounds round steak, cut
½-inch thick
Garlic salt, salt, pepper
1 onion, thinly sliced
3 to 4 potatoes, peeled and
quartered (optional)

1 can french-style green beans,
drained
1 10-ounce can tomato soup
1 pound can tomatoes (peeled
and whole)

Season round steak lightly with garlic salt, salt, and pepper. Cut into serving pieces and place in CROCK-POT with sliced onion which has been separated into rings. Add potatoes and green beans. Top with tomato soup and tomatoes. Cover and cook on High 1 hour then turn to Low for 8 hours. Remove cover during last half-hour if too liquid. To cook in 2-quart CROCK-POT, reduce ingredients slightly.

BARBECUE MEATS

(. . . with a saucy ending!)

Place seasoned and cut-up chicken, ham, pork chops, or rabbit in CROCK-POT. Pour a little barbecue sauce on each piece. Add no water. Cover and cook until done — about 8 hours on Low.

NOTE: For added flavor, put cooked meat on heat-proof platter; pour remaining sauce and drippings over top. Place under broiler for 5 to 10 minutes.

BRAISED SHORT RIBS

(a he-man favorite . . .)

3 pounds beef short ribs
Salt and pepper
Flour

2 medium onions, sliced
1 cup water

Roll short ribs in seasoned flour (about 1 cup flour, 1 teaspoon salt and 1/2 teaspoon pepper). Brown well in large skillet. Put browned ribs in CROCK-POT, add sliced onions and water. Cover and cook on Low for 7 to 10 hours. (High: 4 to 6 hours).

Remove meat to platter and thicken gravy, if desired. (See Hints Page 8).

BARBECUE RIBS



3 - 4 pounds spareribs
Salt and pepper
1 onion

1 16-ounce bottle of smokey
barbecue sauce (or 2 cups
homemade sauce)

Sprinkle ribs with salt and pepper. Place ribs in broiler pan under broiler for 30 minutes to brown and remove excess fat.

Slice ribs into serving pieces and put in CROCK-POT. Add onion and pour in barbecue sauce. Cover and cook on Low for 6 to 8 hours. (High: 3 to 4 hours).

Ingredients may be increased by half for the 4 1/2-quart model.



CORNEB BEEF AND CABBAGE

(Classic Irish favorite can be done in ONE step!)

3 carrots, cut in 3-inch pieces
3 - 4 pound corneb beef brisket
2 - 3 medium onions, quartered

Cabbage, cut in small wedges
1 - 2 cups water

Put all ingredients in CROCK-POT in order listed. Cover and set to Low for 12 to 24 hours. (High: 7 to 10 hours). Push cabbage wedges down into liquid after 5 or 6 hours (Low) or 2 to 3 hours (High).

NOTE: Vegetables may be varied, or omitted for plain corneb beef.

CABBAGE: To prepare more cabbage than CROCK-POT will hold with large brisket, cook it separately in skillet. Remove 1 cup of broth from CROCK-POT during last hour of cooking. Pour over cabbage wedges in skillet. Cover and cook slowly for 20 to 30 minutes.

BAKED HAM IN FOIL

(. . . delicious — and no clean up!)

Wrap precooked ham in foil; place in CROCK-POT. Cover and cook on High for 1 hour, then turn to Low for 6 to 8 hours. If desired, sprinkle ham with liquid smoke before wrapping in foil.



HICKORY-SMOKE BRISKET

Place 5 to 6 pound brisket in large piece of foil, or in cooking bag. Sprinkle generously with $\frac{1}{2}$ bottle of liquid smoke and $\frac{1}{2}$ teaspoon each: celery, onion and garlic salt. Wrap well and put into CROCK-POT. Cover and cook for 1 hour on High, then turn to Low for 8 to 9 hours. Serve warm with juices over each slice. Or, refrigerate overnight then slice thinly and cover with $1\frac{1}{2}$ cups barbecue sauce and meat juices. Reheat for 4 to 6 hours on Low.

Recently introduced roasting and cooking bags work well in the CROCK-POT. Simply fill with meat and vegetables and cook as directed in the recipe.

IRISH STEW

- | | |
|---|---|
| 2 pounds boneless lamb
shoulder or breast, cubed | 2 small onions, thinly sliced |
| 2 teaspoons salt | 3 to 4 medium potatoes, peeled
and quartered (or 2 cans
new whole potatoes) |
| $\frac{1}{4}$ teaspoon pepper | 1 10-ounce package frozen
peas or mixed vegetables |
| 2 cups water | $\frac{1}{4}$ cup quick tapioca to thicken
stew (optional) |
| 1 small bay leaf, whole | |
| 2 medium carrots, peeled
and cut in $\frac{1}{2}$ -inch slices | |

Season cubed lamb with salt and pepper. Place in CROCK-POT alternating layers of meat, carrots, onions, and potatoes. Add remaining ingredients except peas (omit tapioca if you don't want gravy thickened). Cover and cook on High for 1 hour, then turn to Low 10 to 12 hours. Add peas during last 1 to 2 hours of cooking.

NO PEEK BEEF CASSEROLE

2 pounds stew beef,
cut into 1-inch pieces
1 envelope onion soup mix

1 10½-ounce can of cream of
mushroom soup
1 4-ounce can whole mushrooms
½ cup red wine

Combine all ingredients in CROCK-POT. Stir together well. Cover and cook on Low for 8 to 12 hours. Serve over noodles or rice. (High: 5 to 6 hours.)

This recipe may be doubled for the 3½ or 4½-quart models.

Use your CROCK-POT to speed thawing! Simply set to High, place foil-wrapped frozen food inside, cover. Let heat 40 to 50 minutes.

VEAL SCALLOPINI

2 pounds veal cubes
(shoulder or shank)
¾ cup flour mixed with
1 teaspoon salt and
¼ teaspoon pepper
¼ cup oil
4-ounce can sliced mushrooms, drained

2 small onions, thinly
sliced
1½ teaspoons salt
1 teaspoon sugar
½ teaspoon whole oregano
1 small clove garlic, minced
1-pound 14-ounce can
tomatoes

Roll veal cubes in seasoned flour and fry in hot oil until well browned. Put into CROCK-POT. Add all remaining ingredients. Stir together well. Cover and cook on High for 1 hour, then on Low for 6 to 8 hours. Serve over rice or fettucini.

NOTE: May be thickened if desired. See hint on Page 8.



BEEF LIVER

Sliced beef liver may be prepared in the CROCK-POT. Follow directions for Swiss steak on Page 19 using sliced liver instead of round steak. Dip liver slices in flour before adding to pot. Cover and cook on Low for 6 to 8 hours.

HAMBURGER CASSEROLE

- | | |
|--------------------------------|-----------------------------|
| 2 large-sized potatoes, sliced | 1½ pounds lean ground beef, |
| 2 - 3 medium carrots, sliced | browned |
| 1 No. 2 can peas, well drained | 2 stalks of celery, sliced |
| 3 medium onions, sliced | 1 10-ounce can tomato soup |
| | 1 10-ounce can water |

Place layers of the vegetables in the order given in CROCK-POT. Season each layer with salt and pepper. Put the lightly browned ground beef on top of the celery. Mix the tomato soup with the water and pour into CROCK-POT. Cover and set to Low for 6 to 8 hours. (High: 2 to 4 hours, stirring occasionally.)

Ingredients may be increased by half for the 4½-quart model.

"TEXAS" HASH

- | | |
|----------------------------------|-------------------------------------|
| 2 pounds ground chuck
or beef | 1½ teaspoons chili powder |
| 2 medium onions, chopped | 2½ teaspoons salt |
| 2 green peppers, chopped | 2 teaspoons Worcestershire
sauce |
| 2 1-pound cans tomatoes | 1 cup raw rice (long-grain) |

Brown beef in skillet and drain off fat. Put all ingredients in CROCK-POT. Stir thoroughly. Cover and cook on Low 6 to 8 hours. (High: 4 hours.)

Ingredients may be increased by half for the 4½-quart model.

GROUND BEEF STROGANOFF

- | | |
|--|--|
| 2 pounds ground beef | ¼ teaspoon pepper |
| 2 medium onions, chopped | 1 cup consomme or bouillon |
| 2 cloves garlic, minced | 3 tablespoons tomato paste |
| Small can sliced mushrooms,
drained | 1½ cups sour cream mixed
with 4 tablespoons flour |
| 2½ teaspoons salt | |

Brown ground beef in large skillet; add onions, garlic and mushrooms. Saute until onion is golden brown. Put in CROCK-POT with all remaining ingredients. Stir thoroughly. Cover and cook on Low 6 to 8 hours. Serve over hot buttered noodles or rice.

Ingredients may be increased by half for the 4½-quart model.

TUESDAY's a good news day — This could be the day for cards, the garden, or laundry. Just put food in the CROCK-POT and off you go without a care. Dinner will be ready whenever you return!

SLOPPY JOES

- | | |
|--|---|
| 3 pounds ground chuck
or hamburger | 2 8-ounce cans tomato sauce |
| 2 onions, finely chopped | 1 8-ounce can water |
| 1 green pepper, seeded
and chopped (optional) | 2 packages sloppy joe seasoning
mix (optional) |
| | Salt to taste |

Brown ground meat in skillet; pour into colander and rinse well. Put into CROCK-POT — add onions, green pepper, tomato sauce and water. Stir thoroughly. Salt to taste. Cover and cook on Low 8 to 10 hours. (High: 5 hours).

NOTE: If too liquid, remove cover and set on High for 30 minutes.

SPANISH RICE

- | | |
|---|---|
| 1½ cups raw long grain rice | 1 onion, chopped |
| ½ cup olive oil, butter or
margarine | 1 green pepper, chopped |
| 1½ cups tomato juice | 1½ teaspoon salt |
| 1½ cups water | 1 pound hamburger or sausage,
fried and drained (optional) |

Saute raw rice in oil until golden brown. Place in CROCK-POT with all remaining ingredients. Stir well. Cover and cook on Low for 4 to 6 hours. (High: 2 to 3 hours.)

EASY-DOES-IT SPAGHETTI

- | | |
|--------------------------------------|---|
| 1 pound ground beef | ¼ teaspoon each: mace, allspice
and pepper |
| 1 tablespoon instant minced
onion | 4 ounces dry spaghetti (1½ cups)
broken in 4 - 5" pieces |
| 1½ teaspoons salt | 8-ounce can tomato sauce |
| ½ teaspoon garlic powder | 4-ounce can mushrooms |
| ½ teaspoon dry mustard | 3 cups tomato juice |

Brown ground beef well in skillet and place in CROCK-POT. Add all remaining ingredients except dry spaghetti; stir well. Cover and cook on Low for 6 to 8 hours. (High: 3½ hours.) Turn to High last hour and stir in dry spaghetti.

Turn WEDNESDAY into "lens day"—Photography? Golf? Tennis? Skiing or skating? Whatever it's a good day for, it's also good for a recipe in this book. Be a sport, let the CROCK-POT do the work while you're away!

MAGIC MEAT LOAF

(. . . it cooks while YOU loaf!)

- | | |
|-------------------------|---|
| 1½ pounds ground chuck | ½ small onion, chopped |
| 1 egg, beaten | 2 tablespoons each: chopped green pepper and celery |
| ¼ cup milk | 4-6 potatoes, cut-up |
| 1½ teaspoons salt | Ketchup |
| 2 slices bread, crumbed | |

Mix egg, milk, salt and bread crumbs; allow to soften. Thoroughly combine with ground chuck and chopped vegetables. Shape into loaf and place in CROCK-POT. Top with ketchup and green pepper rings. Place potatoes at the sides of loaf. (If potatoes are peeled, coat with butter to keep from darkening.)

Cover and set to High for 1 hour then turn to Low for 8-9 hours.

This recipe may be doubled for the 4½-quart CROCK-POT.



MEATBALLS IN BAR-B-Q SAUCE

(Great for cocktail buffet . . . serve on toothpicks or mini egg rolls)

Sauce: Prepare first and put in CROCK-POT to simmer while preparing meat balls.

- | | |
|-----------------------------|------------------------|
| ½ pound butter or margarine | ½ cup water |
| 1 cup vinegar | 1 teaspoon dry mustard |
| ½ medium onion, chopped | 1 clove garlic, minced |
| 1½ teaspoons sugar | Juice from ½ lemon |
| 1 cup ketchup | |

Turn CROCK-POT to High while preparing sauce. Put all ingredients in pot; stir together well. Leave simmering until meatballs are ready.

This recipe may be doubled for the 4½-quart CROCK-POT.

Meatballs:

- | | |
|----------------------------------|-------------------------------|
| 2 pounds ground beef | 1 small onion, finely chopped |
| 2 teaspoons monosodium glutamate | 1 cup soft bread crumbs |
| 2 teaspoons salt | ½ cup milk |

Mix together all ingredients and form into 1-inch meatballs or small hamburger patties. Place on broiler rack and bake in 400° oven for 10 to 15 minutes. Put browned meatballs (or patties) into CROCK-POT with sauce. Cover and cook on Low 4 to 6 hours.

CHEESE AND POTATO CASSEROLE

(. . . *easiest ever* — open and pour!)

- | | |
|--|---|
| 2 pound package frozen hashed brown potatoes (partly thawed) | 1 13-ounce can evaporated milk, undiluted |
| 2 10-ounce cans Cheddar cheese soup | 1 can French fried onion rings |
| | Salt and pepper |

Combine frozen vegetables, soup, milk, and half the onion rings. Pour into greased CROCK-POT. Add salt and pepper to taste. Cover and cook on Low 8 to 9 hours. (High: 4 hours). Sprinkle remaining onion rings over top before serving. NOTE: Recipe may be cut in half, if desired. Cooking times are the same.



TUNA NOODLE CASSEROLE

- | | |
|--------------------------------|--|
| 2½ cups dry noodles | 1 10-ounce can cream of mushroom soup |
| 1 teaspoon salt | ½ can water |
| ½ cup finely chopped onion | ¼ cup almonds |
| 1 8-ounce can peas with liquid | ½ cup shredded Swiss cheese (optional) |
| 1 can tuna | |

Put ingredients in CROCK-POT and mix well. Cover and cook on High for 1 to 2 hours. Stir occasionally. (Low: 3 to 4 hours.) This recipe may be doubled for the 4½-quart CROCK-POT.

CALIFORNIA PILAF

- | | |
|--|-------------------------------|
| 2 pounds ground beef | 1 small onion, chopped |
| 2½ cups water | 2½ teaspoons salt |
| 2 8-ounce cans tomato sauce | ¼ teaspoon pepper |
| 1 green pepper, chopped | ⅔ cup ripe olives, sliced |
| 2 small garlic cloves, minced (optional) | 1⅓ cups raw rice (long grain) |

Brown ground beef in skillet; drain off fat. Place ground beef and all remaining ingredients in CROCK-POT. Stir well. Cover and cook on Low 5 to 6 hours. (High: 3 hours.)

If using the 2-quart CROCK-POT, reduce this recipe by half.

GREEN RICE CASSEROLE

- | | |
|-----------------------------------|--|
| 1½ cups evaporated milk | minced, or 1 10-ounce package frozen chopped spinach, thawed and drained |
| ½ cup cooking oil | |
| 3 eggs | 2 teaspoons salt |
| ¼ small onion, minced | ¼ teaspoon pepper |
| ½ small carrot, minced (optional) | 1 cup shredded sharp cheese |
| 2 cups fresh parsley leaves, | 3 cups cooked long grain rice |

In large bowl beat milk, oil and eggs together until well combined. Add all remaining ingredients; mix well. Pour into greased CROCK-POT. Cover and cook on High for 1 hour, then set on Low for 4 to 6 hours. Stir during first hour of cooking.

This recipe may be doubled for the 4½-quart CROCK-POT.

CORN 'N HAM CASSEROLE

- | | |
|--|---|
| ¼ cup butter or margarine | 2 cups milk |
| ½ small green pepper, chopped | 1 8-ounce can cream-style corn |
| ¼ cup flour | 2 cups diced cooked potatoes (optional) |
| ½ teaspoon paprika | 1 medium onion, chopped |
| ¾ teaspoon salt | 2 cups diced cooked ham |
| ¼ teaspoon pepper | 1 cup shredded sharp Cheddar cheese |
| ⅛ teaspoon each: ground thyme and marjoram | |
| ½ teaspoon dry mustard | |

Melt butter in saucepan; add green pepper and saute. Stir in flour and seasonings. Gradually stir in milk and cook until thick. Add to CROCK-POT with all remaining ingredients; stir well. Cover and cook on Low 6 to 8 hours.

SPINACH CASSEROLE

- | | |
|--|--------------------------------|
| 2 10-ounce packages frozen chopped spinach, thawed and drained | 1½ cups American cheese, cubed |
| 2 cups cream-style cottage cheese | 3 eggs, beaten |
| ½ cup butter, cut into pieces | ¼ cup flour |
| | 1 teaspoon salt |

Thoroughly combine all ingredients in mixing bowl. Pour into greased CROCK-POT. Cover and cook on High 1 hour, then turn to Low for 4 to 5 hours.

*Recipe may be doubled if desired.

OLD WORLD SAUERKRAUT SUPPER

- | | |
|---------------------------------------|---|
| 3 strips bacon, cut into small pieces | 2 small apples, cubed |
| 1½ tablespoons flour | 3 tablespoons brown sugar |
| 2 large cans (No. 2½) sauerkraut | 1½ teaspoons caraway seeds |
| 2 small potatoes, cubed | 3 pounds Polish sausage, cut up into pieces |
| | ½ cup water |

Fry bacon until crisp; drain. Add flour to bacon drippings and blend well. Stir in sauerkraut; mix well. Place sauerkraut mixture and bacon pieces in CROCK-POT. Add all other ingredients; stir together thoroughly. Cover and cook on Low for 7 to 9 hours. (High: 3 to 4 hours.)

"ONE POT" DINNER

(Makes a big hit . . . especially with the men)

- | | |
|--|---------------------------------------|
| ½ to 1-pound ground beef | 1 can (1-pound) butter limas, drained |
| ¾ pound bacon, cut in small pieces | 1 cup ketchup |
| 1 cup chopped onion | ¼ cup brown sugar |
| 2 cans (1-pound, 15-ounce size) pork and beans | 1 tablespoon liquid smoke |
| 1 can (1-pound) kidney beans, drained | 3 tablespoons white vinegar |
| | 1 teaspoon salt |
| | Dash of pepper |

Brown ground beef in skillet; drain off fat and put beef in CROCK-POT. Brown bacon and onions; drain off fat. Add bacon, onions and remaining ingredients to CROCK-POT. Stir together well. Cover and cook on Low 4 to 6 hours.

If using the 2-quart CROCK-POT, reduce this recipe by half.

BEEF AND EGG CASSEROLE

- | | |
|---|----------------------------------|
| 2 cups uncooked elbow macaroni | 1½ cups cubed Cheddar cheese |
| 2 10-ounce cans cream of mushroom soup | 1 tablespoon butter or margarine |
| 1 5-ounce jar (or 2 3-ounce packages) sliced dried beef, shredded | 4 hard-cooked eggs, diced |
| | ½ medium onion, chopped |
| | 2 cups evaporated milk |

Combine all ingredients in CROCK-POT. Stir thoroughly. Cover and cook on Low 5 to 7 hours. (High: 3 hours.)

Ingredients may be increased by half for the 4½-quart model.

ALL-MEAT CHILI SPREAD

(Try this over Mexican Red Beans . . . Hm-m-m-m good!)

- | | |
|-------------------------|---------------------------------|
| 4 pounds ground chuck* | 1 tablespoon salt |
| 3 cups water | 2 to 3 tablespoons cumin |
| 3 cloves garlic, minced | 4 to 6 tablespoons chili powder |

Put all ingredients in CROCK-POT; stir thoroughly to mix spices. Cover and cook on High for 2 hours, stir well and turn to Low for 6 to 10 hours. Serve topped with fresh chopped onions.

* Ground chuck may be browned to remove excess fat — or skim fat off the top before serving.

SOUTHERN-STYLE BLACK-EYED PEAS

- | | |
|---|--|
| 1 pound package dried
black-eyed peas, soaked
overnight in water to cover | ¼ teaspoon pepper |
| 4 cups water | 1 large onion, chopped |
| 2 teaspoons salt | 2 stalks celery, chopped
(optional) |
| | ½ pound salt pork, sliced (or 2
ham hocks, or 1 hog jowl) |

Soak beans in water overnight. Drain and place in CROCK-POT. Add water and remaining ingredients. Cover and cook on High 1 to 2 hours then turn to Low for 8 or 9 hours. Serve over fluffy hot rice and pass the corn bread!

NOTE: 3 packages frozen black-eyed peas may be substituted for dried peas. Use only 2 cups water.

MEXICAN RED BEANS

(A favorite of the Southwest . . . good in chili!)

- | | |
|--|--|
| 1 pound dried red beans
(pink or kidney beans;
soaked overnight) | 2 garlic cloves, minced |
| 4 cups cold water | 1 teaspoon crushed red pepper
(or 2 teaspoons chili powder) |
| 1 large onion, coarsely
chopped | 2 teaspoons salt |
| 1 pound can tomatoes | ¼ pound salt pork or bacon,
chopped |

Put soaked and drained beans into CROCK-POT. Add water and all remaining ingredients. Cover and cook on High 2 hours, then turn to Low for 8 hours.

TONGUE

- | | |
|---------------------------------|-----------------------|
| 1 beef tongue (fresh or smoked) | 1 bay leaf |
| 2 tablespoons salt | 2 lemons, squeezed or |
| 1½ cups water | 2 onions, quartered |
| | 6 peppercorns |

Place washed tongue in CROCK-POT. Add all remaining ingredients. Cover and cook on Low overnight (or 7 to 9 hours).

STUFFED BEEF HEART

Beef Heart:

- 1 beef heart (about 3 pounds, split lengthwise)
- 1 garlic clove, minced
- ½ cup oil & vinegar salad dressing
- 1 cup beef broth

Mushroom Stuffing:

- 10 slices bacon, diced
 - 1 medium onion, finely chopped
 - ½ pound mushrooms, sliced (or 2 4-ounce cans, drained)
- Fry bacon, onion and mushrooms in large skillet until onion is soft. Drain.

Trim fat and remove tubes from heart; wash well in salt water; pat dry. Fill heart with Mushroom Stuffing. Skewer or sew with string to fasten. Place in CROCK-POT. Add garlic clove, salad dressing and beef broth. Cover and cook on High for 1 hour then on Low for 7 to 9 hours. Thicken gravy before serving, if desired.

CHICKEN LIVERS

- | | |
|-----------------------------------|--|
| 1 pound chicken livers | 1 cup chicken bouillon |
| ½ cup flour | 10-ounce can golden mushroom soup |
| 1 teaspoon salt | 4-ounce can sliced mushrooms (drained) |
| ¼ teaspoon pepper | ¼ cup dry white wine or sauterne |
| 3 slices bacon, diced | |
| 3 green onions with tops, chopped | |

Cut chicken livers into bite-size pieces; toss in flour, salt and pepper. Fry bacon pieces in large skillet; remove when brown. Add flour-coated chicken livers and green onion to bacon grease in skillet; saute until lightly browned. Pour chicken bouillon into skillet and stir into drippings. Pour all into CROCK-POT. Add browned bacon bits and all remaining ingredients. Cover and cook on Low for 4-6 hours. Serve over rice, toast or buttered noodles. (To thicken gravy, see Hints on page 8.) Recipe may be doubled for 3½ to 4½-quart CROCK-POT.

CHICKEN 'N NOODLES

3 to 4 pound stewing chicken
or hen, cut-up
4 cups chicken broth

5 to 6 cups noodles
Salt to taste

Prepare "Chicken in a Pot" recipe on page 39, using 2 cups water. Remove chicken from broth. Turn CROCK-POT to High and when broth is hot and bubbling, add noodles. Stir well and cover. Cook 30 to 45 minutes, stirring occasionally. Serve with chicken.

NOTE: May be turned to Low and held for serving up to 3 hours.

"SMOTHERED" STEAK

(. . . no fuss . . . all budget!)

1½ pounds chuck or round steak,
cut in strips
⅓ cup flour
1 teaspoon salt
¼ teaspoon pepper
1 large onion, sliced
1 - 2 green peppers, sliced

1 pound can tomatoes
1 4-ounce can mushrooms, drained
2 tablespoons molasses (optional)
3 tablespoons soy sauce
1 10-ounce package frozen
green beans, french-style
(optional)

Put steak strips, flour, salt and pepper in CROCK-POT. Stir well to coat steak. Add all remaining ingredients. Cover and cook on High 1 hour then turn to Low for 8 hours. (High: 5 hours). Serve with rice.

GREEN BEAN CASSEROLE

2 pounds fresh green beans,
washed and cut-up
1 10½-ounce can cream of
mushroom soup (undiluted)
1 can French-fried onion rings
1 cup grated Cheddar cheese

1 can water chestnuts, thinly
sliced
Slivered almonds (optional)
Salt and pepper to taste
½ cup water

Spread in layers as listed above, making about three layers. Save enough French-fried onion rings to crumble and sprinkle over top about 20 minutes before serving. Add ½ cup water and cook on High for 7 to 10 hours, (Low: 12 to 18 hours). **NOTE:** If using frozen green beans, use 4 packages cut-up green beans. Cook on High 4 to 5 hours or on Low 8 to 10 hours.

BOEUF A LA FLAMADE*(Beer Braised Beef)*

- | | |
|--|--|
| 4 pounds beef chuck, cut
in 2-inch pieces | 4 strips bacon, cut in small pieces |
| ½ cup flour | 1 pound fresh mushrooms, sliced
(or 2 8-ounce cans) |
| 2 tablespoons salt | 1 12-ounce can of beer |
| 2 teaspoons paprika | 1 teaspoon sugar |
| 1 teaspoon pepper | 1 tablespoon vinegar |
| 10 or 12 whole small onions,
peeled | 2 teaspoons dried thyme, crushed |
| | 1 bay leaf |

Thoroughly coat beef cubes with flour, salt, paprika, and pepper in large bowl or paper sack. Place onions, bacon and half of sliced mushrooms in CROCK-POT. Add floured beef cubes and remaining half of mushrooms. Mix beer with sugar, vinegar, thyme and bay leaf. Pour into CROCK-POT. Cover and cook on Low for 8 to 10 hours. Serve over noodles or rice.

NOTE: May be thickened if desired. Make a smooth paste of 3 tablespoons flour mixed with ½ cup water. Pour into beef mixture. Turn to High and allow to come to a simmer—about 10 minutes.

Foods prepared in the CROCK-POT are *always* better. The ultimate test is to apply this low temperature, slow treatment to gourmet and fondue recipes! You get the full benefit from each particle of every spice. The full flavor and aroma—often promised but illusive—are captured.

SPANISH PAELLA*(Chicken and seafood combine to make this favorite)*

- | | |
|-------------------------------|--|
| 1 3-pound chicken, cut up | ½ teaspoon oregano |
| 2 cups water | ½ teaspoon Spanish saffron |
| 1 cup long grain rice | ¾ pound shelled raw frozen shrimp
(1 pound in shells), not thawed |
| 2 cloves garlic, crushed | 1 can clams or tuna (8 to 10
ounces) |
| ¼ cup olive oil or butter | |
| ¼ cup pimiento, cut in strips | |

Cook chicken according to "Chicken in a Pot" recipe (Page 39), using 2 cups water and thinly sliced vegetables.

Remove cooked chicken from broth, leaving broth and vegetables in CROCK-POT. Bone chicken and cut meat into pieces. Return to CROCK-POT.

In small skillet over medium heat, fry rice and garlic in olive oil or butter until rice is browned. Add to CROCK-POT along with all remaining ingredients. Stir together thoroughly. Cover and cook on Low for 6 to 8 hours. (High: 2 to 3 hours).

COQ AU VIN

(Chicken braised in wine . . .)

- | | |
|--|--------------------------------|
| 2½ pound broiler-fryer, cut-up
(or 3 chicken breasts, halved
or 3 drumsticks and 3 thighs) | 1 teaspoon salt |
| 6 bacon slices, diced | ¼ teaspoon pepper |
| 2⅓ cup sliced green onions | ½ teaspoon dried thyme leaves |
| 8 small white onions, peeled | 8 small new potatoes, scrubbed |
| ½ pound whole mushrooms | 1 cup Burgundy |
| 1 clove garlic, crushed | 1 cup chicken broth |
| | Chopped parsley |

In large skillet, saute diced bacon and green onions until bacon is crisp. Remove and drain on paper towel. Add chicken pieces to skillet and brown well on all sides. Remove the chicken when it has browned and set aside. Put peeled onions, mushrooms, and garlic in CROCK-POT. Add browned chicken pieces, bacon and green onions, salt, pepper, thyme, potatoes and chicken broth. Cover and set on Low for 8 to 10 hours. (High: 3 to 4 hours.) During last hour, add Burgundy and cook on High.



BOUILLABAISSE

(THE fisherman's stew . . .)

- | | |
|--------------------------------|---|
| ½ cup olive oil | 2 cups water |
| ½ cup chopped onion | Pinch of dried basil |
| 1 tablespoon chopped garlic | 1½ pounds medium or large shrimp |
| ½ cup chopped celery | 3 sea bass or halibut steaks,
cut in 1-inch pieces |
| 1 can (1-pound) tomatoes | 1 pound crabmeat |
| 1 8-ounce can tomato sauce | 4 medium lobster tails |
| 2 teaspoons salt | 1 pound clams (optional)
or scallops |
| 1 tablespoon paprika | |
| ½ cup dry sherry or white wine | |

Put all ingredients **except** the seafoods in CROCK-POT (the first 11 ingredients). Cover and cook on High for 2 to 4 hours.

Add seafoods: shrimp, halibut or bass, crabmeats, and clams or scallops (if desired). Cover and cook 3 to 4 hours on High.

BOEUF BOURGUIGNONNE

(Beef stew with wine . . .)

- | | |
|--|-------------------------------------|
| 6 strips bacon (or ¼-pound white bacon) cut in ½-inch pieces | 1 10-ounce can condensed beef broth |
| 3 pounds beef rump or chuck, cut in 1½-inch cubes | 1½ cups red or Burgundy wine |
| 1 large carrot, peeled and sliced | 1 tablespoon tomato paste |
| 1 medium onion, sliced | 2 cloves garlic, minced |
| 3 tablespoons flour | ½ - 1 teaspoon whole thyme |
| | 1 whole bay leaf |
| | ½ pound white onions, peeled |
| | 1 pound fresh mushrooms, sliced |

Cook bacon in large skillet until crisp. Remove and drain. Add beef cubes and brown well. Place browned beef cubes in CROCK-POT. Brown carrot and onion. Season with 1½ teaspoons salt and ⅛ teaspoon pepper; stir in flour. Add broth, mix well and add to CROCK-POT. Add cooked bacon, wine, tomato paste, garlic, bay leaf, and onions. Cover and cook on Low 8 to 10 hours. Saute mushrooms in 2 tablespoons butter and add to CROCK-POT about 1 hour before serving.

TO THICKEN GRAVY: Turn CROCK-POT to High. Cream ¼ cup flour and 2 tablespoons butter. Roll in pea size balls and drop into CROCK-POT. Bring to boil and let thicken.

POT AU FEU

- | | |
|--|---|
| 2 pounds boneless rump or chuck pot roast, cut into six pieces | 2 peeled onions, halved and stuck with whole cloves |
| 1 pound pork tenderloin, or well-trimmed pork chops | 2 scraped parsnips (optional) |
| 2 or 3 chicken breasts or thighs, halved | 2 stalks celery, cut in 2-inch pieces |
| ½ pound polish sausage, cut in serving pieces | 1 10-ounce can beef bouillon |
| 3 carrots, scraped and cut in 3-inch pieces | Herb Bouquet: (wrapped in cheesecloth or in tea strainer) |
| Salt to taste | 1 bay leaf - 6 peppercorns |
| | ½ teaspoon thyme - 4 garlic cloves |

Alternate pieces of meat in CROCK-POT with sausage on top; add vegetables on sides to fill up. Put herbs wrapped in cheesecloth or in strainer in the approximate center. Pour in bouillon. Cover and cook on Low 12 to 18 hours. Serve with cooked carrots, leeks, turnips, onions and potatoes.

SWEDISH MEAT BALLS

- | | |
|--------------------------------|-----------------------------------|
| 1 pound ground chuck | ¾ teaspoon dill weed |
| ¼ pound ground veal (optional) | ¼ teaspoon allspice |
| ¼ pound ground pork | ⅛ teaspoon nutmeg |
| 1½ cups bread crumbs | ⅛ teaspoon cardamon (optional) |
| 1 cup milk or cream | 3 tablespoons butter or margarine |
| 2 eggs | 1 10½-ounce can beef broth |
| 1 medium onion, finely chopped | ⅛ teaspoon pepper |
| 1¾ teaspoons salt | ½ cup light cream |

(Meatballs will have finer texture if meats are ground together twice). Soak bread crumbs in milk or cream 5 minutes. Add ground meats, eggs, onion, 1½ teaspoons salt, ¼ teaspoon dill weed, allspice, nutmeg and cardamon. Mix well and refrigerate covered for 1 hour. Shape mixture into 1-inch diameter balls and brown lightly in hot butter. Put meatballs in CROCK-POT as they are browned. (The browning step may be done in oven: place on rack of broiler pan and bake in 400° oven for 15 minutes). Add beef broth, pepper, light cream, pan drippings, remaining ¼ teaspoon salt and ½ teaspoon dill weed to CROCK-POT.

Cover and cook on Low for 4 to 6 hours. (High: 1½ to 2½ hours). This recipe may be doubled for the 4½-quart CROCK-POT.



FRENCH ONION SOUP

- | | |
|--------------------------------------|---|
| 1 quart beef bouillon or brown stock | ¼ cup sugar (aids browning) |
| 3 cups thinly sliced yellow onions | 2 tablespoons flour |
| ¼ cup butter | ¼ cup dry vermouth or cognac (optional) |
| 1½ teaspoons salt | 1 cup grated Parmesan cheese |

Pour bouillon or stock in CROCK-POT; cover and set on High. Cook onions slowly in large skillet in butter; cover and let cook for about 15 minutes. Uncover and add salt, sugar and flour. Stir well. Add to stock in CROCK-POT. Cover and cook on Low 6 to 8 hours (High: 3 hours).

This recipe may be doubled for the 4½-quart CROCK-POT.

POACHED PEARS IN RED WINE

(Try it . . . you'll like it!)

2 cups Port or dry
red wine
2 cups sugar

6 to 8 medium pears,
ripe and peeled
Red food coloring
4 thin strips lemon peel

Put wine and sugar in CROCK-POT. Cover and cook on High until sugar is dissolved. Peel pears, keeping whole and leaving stems on. Put into CROCK-POT, turning to coat well. Add food coloring and lemon peel. Cover and cook on Low 4 to 6 hours, turning occasionally to coat with wine mixture. Serve with wine poured over pears.

Ingredients may be increased by half for the 4½-quart model.



HAM STEAK IN PORT WINE

2 ham slices, each about
¾-inch thick
1 cup sweet cider
1 cup port wine*
½ cup maple syrup
¾ cup cranberries

¾ cup seedless grapes
(or raisins)
6 slices pineapple (optional)
4 whole cloves
Juice of 1 orange

Place ham slices in CROCK-POT: (roll to fit, if necessary.) Add remaining ingredients. Cover and cook on High for 1 hour, then on Low for 6 hours. To thicken gravy: Set CROCK-POT to High. Remove ham slices. Make a paste of 2 tablespoons cornstarch with 3 tablespoons water. Stir into CROCKPOT. Cook on High until thick.

**So delicious you can omit the port wine—just cook in cider and syrup. If using the 2-quart CROCK-POT, reduce this recipe by half.*

THURSDAY could be a "hers" day — Maybe you're invited to a party, or club meeting. For two or three cents your CROCK-POT will fix dinner while you're gone. It does just as good a job when nobody's watching!

GOURMET DRESSING

(Different! Delicious as a side dish! Better than wild rice!)

- | | |
|---|---|
| 1 pound ground beef | 2 teaspoons salt |
| 1 8-ounce package chicken livers, or 2 slices beef liver (Optional) | ½ teaspoon pepper |
| 1 large onion | 2 to 3 bay leaves |
| 2 cloves garlic, ground | 10 to 12 ounces fresh or frozen oysters |
| 2 stalks celery | 2 cups rice |
| 1 green pepper | 4 cups water |

Grind onion, garlic, celery and green pepper with chicken or beef liver; add salt and pepper to taste. Mix in whole bay leaves; combine all with ground beef. Lightly oil skillet and bring to medium heat (not hot). Cook meat mixture slowly until meat is well cooked, stirring occasionally (it may be necessary to add a little water). Grind oysters and place in separate bowl. Place rice, water and 1 teaspoon salt in saucepan and bring to boil. Simmer covered, until water is boiled out and rice grains separate (about 30 minutes). Combine thoroughly. Stuff bird and bake as directed for Roasted Chicken (Page 42).

As a casserole side dish...great with all game or rich meats: Pack into lightly greased CROCK-POT. Cover and cook on Low for 4 to 6 hours.

BEEF POT ROAST

(In Sour Cream and Wine)

- | | |
|--|---|
| 4 to 5 pound beef chuck, arm roast or rump roast | 1 celery stalk, chopped |
| 1 garlic clove | 1 small onion, stuck with 3 cloves |
| Salt and pepper | ½ cup dry red wine |
| 1 chopped carrot | ¾ cup dairy sour cream mixed with 3 tablespoons flour |

Rub beef roast with garlic; season with salt and pepper. Place roast in CROCK-POT and add all remaining ingredients. Cover and cook on Low 10 to 12 hours. Excellent served with hot buttered noodles.

Is FRIDAY "buy" day? — Go shopping. Or stay home and rest without running to and from the kitchen. You needn't watch your CROCK-POT, and it doesn't heat up the kitchen either!

"CHICKEN IN A POT"

- | | |
|---|--|
| 1 3-pound chicken, whole or cut up | 2 teaspoons salt |
| 2 carrots, sliced | ½ teaspoon coarse black pepper |
| 2 onions, sliced | ½ cup water, chicken broth or white wine |
| 2 celery stalks with leaves, cut in 1-inch pieces | ½ - 1 teaspoon basil |

Put half of carrots, onions, and celery in bottom of CROCK-POT. Add whole chicken or chicken pieces. Top with salt, pepper, liquid and remaining half of vegetables. Sprinkle basil over top. Cover and cook until done—Low: 7 to 10 hours. (High: 2½ to 3½ hours, using 1 cup water). Remove chicken and vegetables with spatula.

Ingredients may be increased by half for the 4½-quart model.

CHICKEN PARISIENNE

- | | |
|---|--|
| 6 medium chicken breasts | 1 10½-ounce can condensed cream of mushroom soup |
| Salt and Pepper | 1 4-ounce can sliced mushrooms, drained (½ cup) |
| Paprika | 1 cup dairy sour cream |
| ½ cup dry white wine, vermouth (optional) | |

Sprinkle chicken breasts lightly with salt, pepper, and paprika. Place chicken breasts in CROCK-POT.

Mix white wine, soup, and mushrooms until well combined, mixing in sour cream NOW if you will be cooking on Low. Pour over chicken breasts in CROCK-POT. Sprinkle with paprika. Cover and cook on Low 6 to 8 hours. (High: 2½ to 3½ hours with sour cream added during last 30 minutes.) Serve sauce over chicken with rice or noodles. This recipe may be doubled for the 4½-quart CROCK-POT.

TURKEY ROLL

(It's never been easier . . . or better)

Place 2 to 3 pound frozen turkey roll in CROCK-POT. Cover top loosely with foil; place lid over foil. Cook on High 2 hours, then turn to Low for 6 to 8 hours. (Gravy packet may be added to the turkey in CROCK-POT, or mixed with dressing to be packed lightly around turkey roll.)

DRESSING

- | | |
|---|---|
| 1 cup butter or margarine | 2 well beaten eggs |
| 2 cups chopped onion | 1½ teaspoons salt |
| 2 cups chopped celery | 1½ teaspoons sage |
| ¼ cup parsley sprigs | 1 teaspoon dried thyme |
| 2 8-ounce cans mushrooms,
drained | ½ teaspoon pepper |
| 12 to 13 cups slightly dry
bread cubes | ½ teaspoon marjoram (optional) |
| 1 teaspoon poultry seasoning | 3½ to 4½ cups chicken broth
or turkey broth and
diced giblets |

NOTE: If using a seasoned stuffing mix—omit herbs and salt.

Melt butter in skillet and saute onion, celery, parsley and mushrooms. Pour over bread cubes in a very large mixing bowl. Add all seasonings and toss together well. Pour in enough broth to moisten; add beaten eggs and mix together well. Pack lightly into CROCK-POT. Cover and set to High for 45 minutes; then reduce to Low to cook for 4 to 8 hours.



CHICKEN CACCIATORE

- | | |
|---|--|
| 2 medium onions, thinly sliced | ¼ teaspoon pepper |
| 2½-3 pound broiler fryer chicken,
cut up | 1 - 2 teaspoons oregano leaves,
crushed |
| 2 cloves garlic, minced | ½ teaspoon basil, crushed |
| 1 1-pound can tomatoes | ½ teaspoon celery seed (optional) |
| 1 8-ounce can tomato sauce | 1 bay leaf |
| 1 teaspoon salt | ¼ cup dry white wine |

Place sliced onions in bottom of CROCK-POT. Add chicken pieces, minced garlic, tomatoes, tomato sauce, salt, pepper, herbs and white wine. Cover and cook on Low for 6 to 8 hours. (High: 2½ to 4 hours). Serve chicken pieces with sauce over hot buttered spaghetti or vermicelli.

This recipe may be doubled for the 4½-quart CROCK-POT.

SPANISH CHICKEN

(A real taste-pleaser . . . and easy on the cook!)

- | | |
|------------------------------|---------------------------------|
| 3 to 4 pound chicken, cut up | 6-ounce can tomato paste |
| Salt, pepper, paprika | ½ can beer (6-ounces) |
| to taste | 1 small jar stuffed olives with |
| Garlic salt (optional) | liquid (¾ cup) |

Season washed and cut up chicken with salt, pepper, paprika and garlic salt, if desired. Place in CROCK-POT. Mix tomato paste and beer together and pour over chicken. Add olives. Cover and cook on Low 7 to 9 hours. Serve over rice or noodles. This recipe may be doubled for the 4½-quart CROCK-POT.

ARROZ CON POLO

(A Latin American favorite—made easy!)

- | | |
|--------------------------------|--------------------------------|
| 3 to 4 pounds chicken, cut up | 2 bouillon cubes |
| Salt, pepper, paprika to taste | ¼ to ½ pound precooked pork |
| 1 large onion, chopped | sausage (or 1 cup diced ham) |
| 1 small green pepper, chopped | 1 pound 14-ounce can tomatoes |
| 2 small garlic cloves, minced | 1 cup raw rice (long grain) |
| 1 small can pimiento, diced | 1 10-ounce package frozen peas |
| ¼ to ½ teaspoon chili powder | |

Season chicken pieces with salt, pepper and paprika. Put all ingredients except rice and peas in CROCK-POT. Cover and cook on Low for 6 to 8 hours (High: 4 hours). Turn to High 1 to 2 hours before serving. Add rice and peas. Cover and continue cooking on High until rice is tender. Stir occasionally.

CHICKEN TETRAZZINI

- | | |
|----------------------------------|-----------------------------------|
| 2 to 3 cups diced cooked chicken | ½ cup slivered almonds (optional) |
| 2 cups chicken broth (or | 2 4-ounce cans sliced mushrooms, |
| 2 bouillon cubes and | drained |
| 2 cups water) | 10-ounce can cream of mushroom |
| 1 small onion, finely chopped | soup |
| ¼ cup sauterne, white wine, | Parmesan cheese |
| or milk | Spaghetti |

Put all ingredients except Parmesan cheese and spaghetti in CROCK-POT. Cover and cook on High 1 hour, then on Low for 6 to 8 hours. Serve over buttered spaghetti and sprinkle generously with Parmesan cheese. The spaghetti may be placed in a large baking dish with the sauce poured in the center, and broiled until lightly browned.

This recipe may be doubled for the 4½-quart CROCK-POT.

CHICKEN TORTILLAS

(Try this . . . it'll be a favorite!)

- | | |
|--------------------------------------|-------------------------------------|
| 1 fryer, cooked and boned | ½ can (½ cup) tomatoes and chilies |
| 6 to 8 tortillas, broken into pieces | 2 tablespoons quick-cooking tapioca |
| 1 medium onion, chopped | 2 cups grated Cheddar cheese |
| 1 10-ounce can cream of chicken soup | |

Cook chicken according to "Chicken In A Pot" recipe (Page 39). Cut chicken into bite size pieces. Mix well with soup, tomatoes and chilies, and tapioca. Line bottom of CROCK-POT with tortillas. Add ⅓ of chicken and soup mixture; sprinkle with onion and cheese. Repeat layers of tortillas, chicken soup mixture, onions and cheese. Cover and cook on Low 6 to 8 hours. (High: 3 hours.)

Recipe may be doubled, if desired.



BAKED CHICKEN HASH

(Use a grinder to prepare . . . but cookin's no "grind!")

- | | |
|-------------------------------|---|
| 3 cups chopped cooked chicken | 1 teaspoon salt |
| 2 small onions, chopped | 3 tablespoons chopped parsley |
| 2 small raw potatoes, chopped | ½ to 1 teaspoon poultry seasoning or sage |
| 3 carrots, chopped | 1½ cups chicken gravy |
| 2 eggs | |

Chop chicken, onion, potato and carrots with food grinder. Mix well with all remaining ingredients. Pack into greased CROCK-POT. Cover and cook on Low for 8 to 10 hours.

ROAST CHICKEN OR HEN

- | | |
|-----------------------------------|------------------------------|
| 3-4 pound roasting chicken or hen | Parsley |
| Salt and pepper | Basil OR tarragon (optional) |
| | Butter |

Thoroughly wash chicken and pat dry (patting dry assures good browning). Sprinkle cavity generously with salt, pepper and parsley. Place in CROCK-POT; dot chicken breast with butter. Sprinkle with parsley and basil or tarragon if desired. Cover and cook on High 1 hour then turn to Low for 8 to 10 hours.

For 4½-quart model, cover and cook on High 4 hours, then turn to Low until ready to serve.

FRESH OR FROZEN VEGETABLES



Use two 10-ounce packages of frozen vegetables, or cleaned ready-to-cook fresh vegetables. Cover and cook on High for 45 minutes, then on Low 2 to 4 hours. Stir occasionally. (Vegetables may be wrapped in foil to eliminate stirring.)

Suggested vegetables: Potatoes, broccoli spears, asparagus, cauliflower, artichokes.

NOTE: Add $\frac{1}{2}$ cup water, except for artichokes (2 cups).



FRESH CORN ON THE COB

Remove silks but leave green outer husks on the ears and cut off ends so corn will fit in CROCK-POT in standing position. Wash thoroughly. Six to eight ears fit best. Cover and cook on High 45 minutes, then turn to Low for $1\frac{1}{2}$ to 2 hours. Remove husks and serve.

BAKED POTATOES

(... like foil-baked ... but no oven heat!)

Fill the CROCK-POT with scrubbed and well-greased potatoes. (It'll hold about 12!). Cover and cook on Low 8 to 10 hours. Do not add water.

BAKED SWEET POTATOES

Place washed, unpeeled sweet potatoes in CROCK-POT. Add about $\frac{1}{4}$ cup water. Cover and cook on High 1 hour, then turn to Low for 6 to 8 hours or until potatoes are tender.

FRESH GREEN BEANS

2 pounds fresh green beans,
washed and cut up
3 - 4 cups water

1 teaspoon salt
 $\frac{1}{4}$ pound ham or bacon pieces

Put all ingredients in CROCK-POT. Cover and cook on Low for 10 to 24 hours. (High: 6 to 10 hours). Stir occasionally.

BAVARIAN RED CABBAGE

- | | |
|---|---|
| 1 small head red cabbage,
washed and coarsely sliced | 2 teaspoons salt |
| 1 medium onion, chopped | 1 cup hot water |
| 3 tart apples, cored and
quartered | 1½ tablespoons sugar |
| | ½ cup vinegar |
| | 3 tablespoons bacon grease
or butter |

Place all ingredients in CROCK-POT in order listed. Cover and cook on Low for 8 to 10 hours (High: 3 hours.) Stir well before serving. Excellent served with a rich meat.

ACORN SQUASH

Place whole rinsed squash in CROCK-POT. Cook as for Sweet Potatoes. Split and remove seeds when cooked; sprinkle with salt, cinnamon and dot with butter. (May be split and wrapped with foil before baking.)

ARTICHOKES

- | | |
|-------------------|--------------------------------|
| 4 to 6 artichokes | Melted butter and lemon juice, |
| Salt | or Sauterne Sauce |

Wash and trim artichokes. Cut off about 1-inch from top and, if desired, trim tips of leaves. Stand upright in CROCK-POT. Add ¼ teaspoon salt for each artichoke and 2 tablespoons lemon juice. Pour in 2 cups hot water. Cover and cook on Low 6 to 8 hours. Serve with melted butter and lemon, or Sauterne Sauce.

Sauterne Sauce:

- | | |
|----------------------------|------------------------------|
| 1 cup sauterne | 3 tablespoons parsley flakes |
| 3 tablespoons minced onion | 3 tablespoons lemon juice |
| 2 cups mayonnaise (1 pint) | 1 egg, beaten |

Mix well and heat slowly. Dip artichoke leaves and hearts into sauce.

Every SATURDAY a "no matter" day — Take yourself off to the ball game! Or follow any sport, sport! Dinner will cook itself. If you plan to get home at 6, but don't return 'til 8 or 9 — no harm, nothing will get burned.

FONDUE COOKING

(The 2 quart CROCK-POT is the ideal size for Fondues . . . no need to watch or worry . . . can be prepared in advance)

HEARTY FONDUE

- | | |
|---|--|
| 1¾ cups milk | 1 2¼-ounce jar sliced dried beef,
diced |
| 2 8-ounce packages cream cheese,
cubed | French bread, cut into bite-size
pieces |
| 2 teaspoons dry mustard | |
| ¼ cup chopped green onion | |

Heat milk in CROCK-POT on High. Add cream cheese. Stir until cheese is melted. Add mustard, onion and dried beef. Cook 5 minutes longer, then set on Low for serving with bread pieces.*

DESSERT FONDUE

"A classic ending to a perfect meal . . . can be prepared in advance"

- | | |
|--|--|
| 6 1-ounce squares unsweetened
or semi-sweet chocolate | ⅛ teaspoon salt |
| 1½ cups sugar | 3 tablespoons creme de cocoa,
rum, or orange flavored liqueur |
| ½ cup butter or margarine | ¼ cup milk or cream |

Put all ingredients in CROCK-POT. Stir together thoroughly. Cover and set to High for 30 minutes. Stir well and set to Low 2 to 6 hours.

Dessert Fondue Dippers: Angel cake, pound cake, marshmallows, apples, bananas. (Cut in bite-size pieces).*

CHILI-CHEESE DIP

- | | |
|---|--|
| 1 pound lean ground beef | 1 can (8 to 10 ounces) green
chilies and tomatoes |
| 1 pound processed American
cheese, cut in small pieces | 2 teaspoons Worcestershire |
| | ½ teaspoon chili powder |

Brown ground beef well and drain off excess grease. Put ground beef and all remaining ingredients in CROCK-POT. Stir well. Cover and cook on High for 1 hour, stirring until cheese is fully melted. Serve immediately or turn to Low for serving up to 6 hours later. Serve with tortilla or corn chips.*

FOR THICKER DIP: Stir in a paste of 2 tablespoons flour and 3 tablespoons water.

*These recipes may be doubled for the 3½ or 4½-quart models.

CURRIED SHRIMP

- | | |
|-------------------------------|---------------------------|
| 1 small onion, finely chopped | 1 can frozen shrimp soup, |
| 2 cups cooked shrimp | partially thawed |
| 1-2 teaspoons curry powder | 1 cup dairy sour cream |

Put all ingredients except sour cream in CROCK-POT. Cover and cook on Low 5 to 6 hours. Stir in sour cream and heat. Serve over rice.

SUGGESTION: Serve with curry condiments: chopped almonds, bacon crisps, boiled eggs.

This recipe may be doubled for the 3½ or 4½-quart models.



JIFFY LOBSTER NEWBURG

(This gourmet dish may be assembled in minutes . . . let the CROCK-POT be the chef!)

- | | |
|--|--|
| 1 can frozen condensed cream
of shrimp soup | 5 ounces canned or frozen
lobster, flaked |
| ¾ cup evaporated milk or cream | 4-ounce can sliced mushrooms,
drained |
| 2 egg yolks, beaten | 2 tablespoons sherry |

Place all ingredients in CROCK-POT. Cook on High and stir occasionally until soup is melted. Cover and cook on Low 4 to 6 hours. Serve over hot rice, chow mein noodles, or in puff pastry shells. Recipe may be doubled for 3½ or 4½-quart models.

Shrimp Newburg: 1½ cups cooked and drained shrimp may be substituted for lobster.

SPICED SHRIMP

- | | |
|--|---|
| 1½ to 2 pounds fresh or frozen
shrimp in shells | 1 tablespoon salt |
| 3 cups water or beer | 1 packet shrimp spices or 1½
tablespoons mixed pickling spices |

Put all ingredients in CROCK-POT. Cover and cook on Low 3 to 5 hours. **NOTE:** If desired, fill CROCK-POT with water or beer, salt, and spices, and cook all day on Low. Then turn to High, add shrimp, cook on High 30 to 45 minutes or until shrimp turn pink.

This recipe may be doubled for the 4½-quart CROCK-POT.

OYSTER STEW

- | | |
|---------------------------|--------------------------------|
| 1 quart milk | 2 tablespoons flour mixed with |
| ¼ cup margarine or butter | 2 tablespoons water (optional) |
| 2 teaspoons salt | 1 pint oysters with liquid |
| ½ to 1 teaspoon | Cayenne pepper |
| Worcestershire sauce | |

Put all ingredients *except* oysters in CROCK-POT. (Use optional flour/water paste for thicker soup.) Cover and cook on High 1½ hours. Stir well. Add oysters and cook on Low for 2 to 4 hours. Sprinkle with cayenne and serve hot.

To cook in 2-quart CROCK-POT, reduce ingredients slightly.

SEAFOOD CHOWDER

- | | |
|--|------------------------------------|
| 2 pounds fresh or frozen fish fillets (haddock, cod, etc.) | 4 medium potatoes, pared and cubed |
| ¼ pound salt pork or bacon, diced | 2 cups water |
| 1 medium onion, chopped | 1½ teaspoons salt |
| | ¼ teaspoon pepper |
| | 1 can (14-ounce) evaporated milk |

Thaw frozen fillets and cut into bite-size pieces. In small skillet, saute salt pork and onion until golden; drain and put into CROCK-POT with fish. Add all remaining ingredients. Cover and cook on High for 2 hours, then turn to Low for 4 to 6 hours or until potatoes are tender. Serve in large bowls with crusty French bread.

SHERRIED CRAB MEAT

- | | |
|---|--|
| 1 13-ounce can crab meat (or equal amount frozen) | 1 10-ounce can Golden Mushroom or Cream of Mushroom soup |
| 3 tablespoons butter | ½ teaspoon Worcestershire |
| ¼ cup dry sherry | 2 green onions with tops, finely chopped |
| ¼ cup light cream | Salt and pepper |
| 1 egg, beaten | |

Remove any cartilage or shell from crab meat; break into pieces and place in CROCK-POT. Add all remaining ingredients. Stir gently. Cover and cook on High for 1 hour then on Low for 4 to 6 hours. Serve over hot toast or in patty shells.

This recipe may be doubled for the 3½ or 4½-quart models.

RICE 'N CLAMS

- | | |
|---|---|
| 1/4 cup (1/2 stick) butter or margarine | 2 cups chicken broth (or 2 cups water and 2 bouillon cubes) |
| 1 small onion, finely chopped | 1/2 cup grated Parmesan cheese |
| 1 stalk celery, finely chopped | 3/4 cup ripe olives, chopped |
| 1 cup raw rice (long grain) | 7-ounce can minced clams (with liquid) |

Place all ingredients in CROCK-POT. Stir well. Cover and cook on High 1 hour, then on Low 4 to 6 hours.

SALMON CHEESE CASSEROLE

- | | |
|----------------------------------|---------------------------|
| 1 pound can salmon (with liquid) | 2 eggs, beaten |
| 1 4-ounce can mushrooms, drained | 1 cup grated cheese |
| 1 1/2 cups bread crumbs | 1 tablespoon lemon juice |
| | 1 tablespoon minced onion |

Flake fish in bowl, removing all bones. Add all remaining ingredients and mix thoroughly. Pour into lightly greased CROCK-POT. Cover and cook on High 1 hour then turn to Low for 3 to 4 hours.



MANHATTAN CLAM CHOWDER

- | | |
|---|--|
| 1/4 pound salt pork or bacon, diced and fried | 2 or 3 cans clams (about 7 or 8 ounces each) with liquid |
| 1 large onion, chopped | 2 whole peppercorns |
| 2 carrots, thinly sliced | 1 bay leaf |
| 3 stalks celery, sliced | 1 1/2 teaspoons dried thyme leaves, crushed |
| 1 tablespoon parsley flakes | 3 medium potatoes, pared and diced |
| 1 1-pound 12-ounce can tomatoes | |
| 1 1/2 teaspoons salt | |

Put all ingredients in CROCK-POT. Cover and cook on High 1 hour then on Low for 8 hours.

New England Clam Chowder:

See recipe for Fish Chowder on Page 47. Substitute 3 7-ounce cans of clams with their liquid for 2 pounds of fish.

WELSH RABBIT

(An excellent hot dip . . . or main dish!)

- | | |
|--|--|
| 2 pounds sharp Cheddar cheese,
shredded | 2 - 3 teaspoons Worcestershire sauce |
| 1 teaspoon salt | 10-ounce can tomato soup |
| 2 teaspoons dry mustard | 4 egg yolks, beaten |
| 2 cups beer or ale | 8 toast slices, or bread sticks or
saltines |
| Cayenne pepper | |

Put all ingredients except egg yolks and toast or crackers into CROCK-POT. Cover and cook on High until cheese melts; stir well. Beat in egg yolks, using medium or low speed of mixer; beat until smooth. Turn to Low until serving time—2 to 6 hours. Serve over toast slices or crackers, or as a hot dip with bread sticks.

Ingredients may be increased by half for the 4½-quart model.

MACARONI AND CHEESE

- | | |
|-----------------------------|---|
| 3 or 4 cups cooked macaroni | 2 tablespoons minced onion |
| Sauce: | 1 egg, beaten (optional) |
| 2 cups evaporated milk | 2 cups cubed cheese (Cheddar or
processed) |
| ½ teaspoon paprika | 2 tablespoons butter |
| 1 teaspoon salt | |

Put all sauce ingredients in CROCK-POT. Stir well. Cover and cook on High 1 hour, stirring occasionally. Add cooked and drained macaroni. Cover and cook on Low for 3 to 5 hours.

For Thicker Recipe: Add 1 beaten egg to sauce mixture before adding cooked macaroni.

This recipe may be doubled for the 4½-quart CROCK-POT.

CHEESE "SOUFFLE" CASSEROLE

- | | |
|---|---------------------------------|
| 4 eggs | 1 cup light cream or milk |
| 8 slices bread, crust removed | 1 cup evaporated milk |
| 8 ounces Cheddar, Swiss or
American cheese, grated | ¼ teaspoon salt |
| 1 cup cooked & chopped meat
or shrimp (optional) | 1 tablespoon parsley
Paprika |

Lightly grease CROCK-POT. Alternate layers of bread and cheese and, if desired, meat. Beat together eggs, milk, salt and parsley. Pour over bread and cheese in CROCK-POT. Sprinkle top with paprika. Cover and cook on High 30 minutes, then turn to Low for 3 to 4 hours.

Cooking times for dry beans will vary according to their age and type, growing locale, and water hardness. For baked beans and chili with beans, it will be necessary to simmer the dry beans in three times their volume of unsalted water for 30 minutes. Allow to stand, covered, for an hour and a half or until softened; drain and add remaining ingredients. For all other types of recipes, cook pre-soaked beans in the CROCK-POT on High for three hours, then turn to Low.

NEW ENGLAND BAKED BEANS

- | | |
|-----------------------------------|-----------------------------|
| 1½ pounds dry navy beans (3 cups) | 2 teaspoon dry mustard |
| 9 cups water | 2 tablespoons dark molasses |
| 1 medium onion, chopped | 1 tablespoon salt |
| 1 cup ketchup | ¼ pound salt pork, ground |
| 1 cup brown sugar | or diced |
| 1 additional cup water | |

Cook dry beans in water until softened. (See top of page.) Drain and put into CROCK-POT. Add all remaining ingredients; mix well. Cover and cook on Low 10 to 12 hours. (High: 4 to 6 hours, stirring occasionally.)

FAVORITE CHILI

- | | |
|--|----------------------------------|
| ½ pound dry pinto or kidney beans
(See top of page) | 1 green pepper, coarsely chopped |
| 2 1-pound cans tomatoes | 2 cloves garlic, crushed |
| 2 pounds coarsely ground chuck
(browned) | 2 to 3 tablespoons chili powder |
| 2 medium onions, coarsely
chopped | 1 teaspoon pepper |
| | 1 teaspoon cumin |
| | Salt to taste |

Parboil dry beans until soft; drain well. Put all ingredients in CROCK-POT in order listed. Stir once. Cover and cook on Low for 10 to 12 hours. (High: 5 to 6 hours.)

NOTE: When using canned beans (two 1-pound cans), drain liquid.

OLD FASHIONED BEAN SOUP

- | | |
|--|-----------------------------|
| 1 pound dry navy beans
(Soak overnight) | 5 whole peppercorns or |
| 2 quarts water | ½ teaspoon pepper |
| 1 pound meaty ham bones or
pieces | ½ cup chopped celery leaves |
| 1 teaspoon salt | 1 medium onion, chopped |
| | 1 bay leaf (optional) |

Put all ingredients in CROCK-POT. Cover and cook on Low for 10 to 12 hours. (High: 5 to 6 hours.) Makes 2½ quarts.

ITALIAN MEAT SAUCE

- | | |
|---|---------------------------------------|
| 1 cup chopped onion | 2 stalks celery with tops, chopped |
| 1 - 1½ pounds ground chuck
(extra lean) | 2 teaspoons salt |
| 2 cloves garlic | ½ teaspoon monosodium
glutamate |
| 2 large cans tomatoes
(1 pound, 12-ounce cans) | 3 teaspoons dried oregano,
crushed |
| 1 6-ounce can tomato paste | ¼ teaspoon dried thyme, crushed |
| 6 ounces water (optional) | 1 bay leaf |

Put all ingredients in CROCK-POT. Stir thoroughly. Cover and cook on Low for 10 to 18 hours. (High: 6 to 8 hours).

Ingredients may be increased by half for the 4½-quart model.

VEGETABLE-BEEF SOUP

- | | |
|--|--|
| 1 - 2 pounds beef shanks, oxtails,
short ribs or veal bones | 3 cups water |
| 1 pound can of tomatoes | 1 teaspoon salt |
| 2 carrots, sliced | 4 peppercorns |
| 3 stalks celery with tops, sliced | 3 beef bouillon cubes |
| 2 medium onions, diced | 1 package (10-ounce) frozen
mixed vegetables, peas or
lima beans * |
| 2 medium potatoes, diced | |

Put all ingredients in CROCK-POT. Cover and cook on Low for 12 to 24 hours. (High: 7 to 10 hours).

* May be added during last 2 hours of cooking.



HAM AND LIMA BEANS

- | | |
|--|--|
| 1 pound dry lima beans
(Soak overnight) | 1 teaspoon pepper |
| 1 large onion, chopped | ¼ - ½ pound ham or bacon,
cut in small pieces |
| 1 large green pepper | 1 cup water |
| 1 teaspoon dry mustard | 1 can tomato soup |
| 1 teaspoon salt | |

Put all ingredients in CROCK-POT. Stir together well. Cover and cook on Low for 7 to 10 hours. (High: 4 to 5 hours). Serve with wedges of hot corn bread.

This recipe may be doubled for the 4½-quart CROCK-POT.

"HOME MADE" POTATO SOUP

- | | |
|--|-----------------------------|
| 6 potatoes, peeled and cut into bite-size pieces | 1 tablespoon parsley flakes |
| 2 leeks, washed and cut into bite-size pieces (optional) | 5 cups water |
| 2 onions, chopped | 1 tablespoon salt |
| 1 carrot, pared and sliced | Pepper |
| 1 stalk celery, sliced | $\frac{1}{3}$ cup butter |
| 4 chicken bouillon cubes | 1 can evaporated milk |
| | Chopped chives |

Put all ingredients in CROCK-POT. Cover and cook on Low 10 to 12 hours. If desired, mash potatoes with masher before serving. Serve topped with chopped chives.

If using the 2-quart CROCK-POT, reduce this recipe by half.

CHEESE SOUP

(Good with or without the beer)

- | | |
|---|---------------------------------|
| 2 cans cream soup (celery, mushroom or chicken) | 1 teaspoon Worcestershire sauce |
| 1 cup beer or milk | $\frac{1}{4}$ teaspoon paprika |
| 1 pound Cheddar cheese, cubed | Croutons |

Put all ingredients in CROCK-POT except croutons. Cover and cook on Low for 4 to 6 hours, (High: 2 hours, stirring occasionally). Serve in warm bowls, top each serving with crisp croutons.

This recipe may be doubled for the $4\frac{1}{2}$ -quart CROCK-POT.

GARBURE BASQUE . . . or

Ham and bean soup with vegetables

- | | |
|--|--|
| 1 pound dried Navy or pea beans, presoaked and drained | 1 hot pepper (optional) |
| 4 cups water | 1 10-ounce package frozen limas |
| 1 ham butt (2 to 3 pounds) | 1 10-ounce package frozen peas |
| 1 onion, sliced | 1 carrot, sliced |
| 2 garlic cloves, chopped | $\frac{1}{2}$ small head cabbage, shredded |
| 1 green pepper, cut into strips | Salt and pepper |

Place all ingredients **except** frozen vegetables and cabbage in CROCK-POT. Cover and cook on Low 12 to 18 hours. Turn to High and remove ham. Add peas, limas and cabbage. Cook for 1-2 hours on High or until vegetables are tender. Serve large bowls of this thick soup with crusty French bread.

If using the 2-quart CROCK-POT, reduce this recipe by half.

MINESTRONE

- | | |
|--|--|
| 1 quart (4 cups) water | 10-ounce package frozen vegetables |
| 2 - 3 pounds beef shank | 2 teaspoons salt |
| 1 - 2 pounds marrow beef bones (2 or 3 bones—optional) | 1 zucchini, sliced |
| 1 medium onion, diced | 1 cup shredded cabbage |
| 2 carrots, diced | 1 tablespoon dried basil |
| 2 stalks celery with tops, sliced | 1 clove garlic, minced |
| 1 cup diced leeks (optional) | ½ cup vermicelli or a 1-pound can garbanzo beans |
| 1 large can tomatoes (1-pound) | 1 teaspoon oregano |

Prepare the stock a day in advance: place water, beef shank and marrow bones in CROCK-POT. Cover and cook overnight (8 to 12 hours) on Low. Remove meat and bones from liquid. Cool. Scoop marrow from bones and return lean meat to stock. (Can be done in advance and refrigerated).

Add all remaining ingredients to 2 cups stock in CROCK-POT. Cover and cook on High 1 hour then on LOW 6 to 8 hours. (High: 4 hours.)

Ladle into bowls and sprinkle with Parmesan cheese. Serve with crusty French bread.

LENTIL-VEGETABLE SOUP

- | | |
|--|-----------------------------------|
| 2 cups lentils, pre-soaked and drained | 1 garlic clove, minced |
| 5 cups water | 2½ teaspoons salt |
| 2 slices bacon, diced | ¼ teaspoon pepper |
| 1 medium onion, chopped | ½ teaspoon dried oregano, crushed |
| 1 carrot, thinly sliced | 1-pound can tomatoes |
| 2 stalks celery w/tops, sliced | 2 tablespoons wine vinegar |

Put all ingredients in CROCK-POT. Mix together well. Cover and cook on Low 8 to 10 hours. Before serving, season to taste.

SPLIT PEA SOUP

Follow recipe for Old Fashioned Bean Soup, substituting 1 pound dry green split peas for dry Navy beans. Soak split peas in water before cooking.

CEREALS

(Cook through the night . . . wake up to an "Instant Breakfast")

Oatmeal Cracked Wheat Grits Cornmeal Mush

Follow package directions for quantity of water and salt per cup of cereal. Cover and cook on Low for 8 to 9 hours. Do not use quick-cooking varieties.

PERFECT RICE COOKER

Rice Salt
Water Butter or margarine

Follow directions on rice package for proportion of rice to water. (Up to 4 cups raw rice may be prepared in CROCK-POT—makes 10 cups cooked). Rub CROCK-POT lightly with 1 tablespoon butter or margarine. Pour in rice, water and salt. Cover and cook on High for 1½ to 2½ hours, stirring occasionally.

NOTE: When turned off, CROCK-POT will keep rice warm for serving for 2 to 3 hours!

OLD FASHIONED RICE PUDDING

2½ cups cooked rice	3 tablespoons soft butter
1½ cups evaporated milk	2 teaspoons vanilla
(or scalded milk)	½ to 1 teaspoon nutmeg
¾ cup brown sugar (or	3 eggs, beaten
white sugar)	½ to 1 cup raisins

Thoroughly combine rice with all remaining ingredients. Pour into lightly greased CROCK-POT. Cover and cook on High for 1 to 2 hours. (Low, 4 to 6 hours.) Stir during first 30 minutes.

This recipe may be doubled for the 3½ or 4½-quart models.

SUNDAY — church, or fun day. Visit relatives. Go on a picnic. Put food in the CROCK-POT before you go — plug it in — and forget it! Make Sunday a carefree day.

HOT FRUIT COMPOTE

- | | |
|--|---|
| 1 pound dried prunes | 1 1-pound can pitted dark sweet cherries, undrained |
| 1 1/3 cups dried apricots | |
| 1 can (13 1/2-ounce or 1 2/3 cups) pineapple chunks, undrained | 1/4 cup dry white wine |
| | 2 cups water |

Put all ingredients in CROCK-POT. Cover and cook on Low overnight (7 to 8 hours). (High: 3 to 4 hours). Serve warm.

BAKED APPLES

- | | |
|---|----------------------|
| 6 - 8 medium baking apples,
washed and cored | 1/4 cup sugar |
| 2 tablespoons raisins | 1 teaspoon cinnamon |
| | 2 tablespoons butter |

Mix raisins and sugar; fill center of apples. Sprinkle with cinnamon and dot with butter. Place in CROCK POT; add 1/2 cup water. Cover and cook on Low overnight or 8 hours.

DRIED FRUITS

Place dried fruit in CROCK POT. Add minimum water as directed on dried fruit package. Cover and cook on Low overnight. Serve warm with sour cream and dash of nutmeg.

CHUNK-STYLE APPLESAUCE

- | | |
|---|---------------------|
| 8 to 10 large cooking apples,
peeled, cored and sliced
or cut in chunks | 1/2 cup water |
| | 1 teaspoon cinnamon |
| | 1/2 to 1 cup sugar |

Put all ingredients into CROCK-POT. Cover and cook on Low overnight (8 to 10 hours). Serve warm with or without cream.



CROCK-POT CAKES... for an extra-moist taste-treat!

DIRECTIONS: Pour mixed batter into greased and floured 2 or 3 pound coffee can or mold. (Fill no more than $\frac{2}{3}$ full.) Place in CROCK-POT; cover top of can or mold with 4 to 6 paper towels. Cover and cook on High about $3\frac{1}{2}$ hours (cook on High 4 to $5\frac{1}{2}$ hours in $4\frac{1}{2}$ -quart model, using 3-pound coffee can). CROCK-POT lid should not be tightly closed but slightly raised, to allow release of excess moisture. Add no water; and **do not peek until last hour.**

"FRUIT" CAKE

2½ cups flour	1½ cups grated raw carrots
2½ cups sugar	(4-5 carrots)
1½ teaspoons baking powder	1½ cups salad oil
½ teaspoon soda	4 eggs
¼ teaspoon salt	¼ cup hot water
1 teaspoon nutmeg	1 cup chopped nuts
1 teaspoon cinnamon	1 cup raisins (optional)
½ teaspoon ground cloves	

Stir together flour, sugar, baking powder, soda, salt, and spices. Grate carrots to a fine consistency. (This may be done in a blender - blend 5-6 seconds.) In large bowl, beat oil and eggs together. Add hot water and continue to beat. Stir in grated carrots. Add flour mixture, nuts, and raisins. Mix together thoroughly.

Turn batter into greased and floured 3-pound coffee can, or 2½ quart mold. Bake as directed above.

DELICIOUS APPLE CAKE

2 cups sugar	1 teaspoon soda
1 cup oil	1 teaspoon nutmeg
2 eggs	2 cups Delicious apples, finely
2 teaspoons vanilla	chopped and not peeled
2 cups flour	1 cup chopped black walnuts
1 teaspoon salt	

Beat sugar, oil and eggs together well. Add vanilla.

Sift flour, salt, soda and nutmeg together. Add chopped apples to sugar mixture and beat well. Stir in flour mixture and nuts. Mix well. Pour batter into greased and floured 2-pound can. Bake as above.

PACKAGED CAKE MIXES

Select a package cake mix (preferably a fruit, nut or pound cake). Mix according to package directions. Pour into greased and floured 2 or 3 pound coffee can or mold. Bake as above.

BOSTON BROWN BREAD

- | | |
|--------------------------|---------------------------------|
| 1 cup sifted flour | 1 cup stirred whole wheat flour |
| 1 teaspoon baking powder | 1 cup chopped nuts (optional) |
| 1 teaspoon soda | $\frac{3}{4}$ cup dark molasses |
| 1 teaspoon salt | 2 cups buttermilk or sour milk |
| 1 cup yellow cornmeal | 1 cup raisins |

Sift flour with baking powder, soda and salt. Stir in cornmeal and whole wheat flour. Add remaining ingredients, beat well. Pour batter into greased and floured 3-pound coffee can. Pour 2 cups water into CROCK-POT, set can inside. Place aluminum foil over top and fold down around edge of cooker. Cover and bake on High for 4 to 5 hours. Remove and let cool 1 hour before unmolding. Slice and serve with wedges of cream cheese.

CARAMEL NUT ROLLS

- | | |
|--|--------------------------------|
| 2 packages refrigerator biscuits | $\frac{1}{2}$ cup chopped nuts |
| $\frac{1}{2}$ cup melted butter or margarine | Cinnamon |
| 1 cup brown sugar | |

Turn CROCK-POT to High while preparing rolls. Mix brown sugar and nuts together. Dip each refrigerator biscuit in melted butter, then brown sugar and nuts. Place in well-greased 2-pound coffee can. Sprinkle each layer of biscuits with cinnamon. Bake according to instructions at top of Page 56.

VARIATION: Yeast rolls (frozen, unbaked) may be substituted for refrigerator biscuits. Fill can with dipped rolls and let rise before baking. Bake as directed for 3-4 hours.

"CALORIE" CARAMEL CANDIES

- | | |
|--|----------------------------------|
| 1 cup sugar | $\frac{1}{2}$ cup butter, melted |
| $\frac{1}{4}$ cup flour | $\frac{1}{4}$ cup flour |
| 1 cup light brown sugar | 2 teaspoons vanilla |
| 1 cup white corn syrup | 1 cup chopped pecans |
| $1\frac{1}{2}$ cups half & half (or evaporated milk) | |

Mix sugar and $\frac{1}{4}$ cup flour thoroughly in CROCK-POT. Add brown sugar, corn syrup and 1 cup milk. Stir. Cover and cook on High for 2 to 3 hours. Make a smooth paste of butter and $\frac{1}{4}$ cup flour, gradually adding remaining $\frac{1}{2}$ cup milk. Stir well into CROCK-POT mixture. Turn to Low and cook overnight (8 to 10 hours). If necessary to thicken, turn to High and cook until mixture coats a spoon. Add vanilla and chopped pecans. Pour on buttered cookie sheet (about $\frac{1}{2}$ -inch deep). Cool until completely cold. Cut with kitchen shears in size desired and wrap each piece in food wrap.

PUMPKIN TEA BREAD

*("... using the whole 1-pound can of pumpkin
so you have no leftover roaming the refrigerator.")*

- | | |
|-------------------------|-----------------------------------|
| 1 cup oil | 1 teaspoon cinnamon |
| 1 cup granulated sugar | 1 teaspoon nutmeg or 2 teaspoons |
| 1 cup brown sugar | pumpkin pie spice mix |
| 4 beaten eggs | 2 teaspoons soda |
| 1 can (1-pound) pumpkin | $\frac{3}{4}$ cup chopped walnuts |
| 3 cups sifted flour | $\frac{3}{4}$ cup cut-up dates |
| 1½ teaspoons salt | |

Blend oil and two sugars. Stir in beaten eggs, pumpkin. Sift dry ingredients together. Add. Stir in nuts and dates. Pour batter into greased and floured 3-pound coffee can. Place can in CROCK-POT. Cover top of can with 4 to 6 paper towels. Place lid on top. Bake on High for 3½ to 4½ hours. No fair peeking until last hour!



"STEAMED" MINCEMEAT PUDDING

- | | |
|---------------------------------|-----------------------------------|
| 1¾ cups sifted flour | 2 eggs |
| 2 teaspoons baking powder | $\frac{3}{4}$ cup evaporated milk |
| 1 teaspoon salt | 1 teaspoon rum extract (optional) |
| $\frac{1}{2}$ teaspoon cinnamon | 1½ cups prepared mincemeat |
| $\frac{1}{2}$ cup soft butter | Orange-Honey Hard Sauce |
| 1 cup granulated sugar | (See below) |

Cream butter and sugar until light. Add eggs, beating thoroughly after each. Sift dry ingredients and add alternately with milk, beating until smooth. Stir in mincemeat. Pour into greased 1½ quart mold or 2-pound coffee can. Cook as directed for Pumpkin Tea Bread. Serve with Orange-Honey Hard Sauce.

Orange-Honey Hard Sauce

- | | |
|--|-------------------------------|
| $\frac{1}{2}$ cup sift butter or margarine | 1 teaspoon grated orange rind |
| 3 tablespoons honey | 1½ cups confectioner's sugar |

Beat together until light. To make flame pudding, top with Hard Sauce and add sugar cube saturated with lemon extract. When serving, light the cube.

Because of reduced heating surfaces in 2-quart CROCK-POTS, the bread and cake recipes in this section are not easily adaptable to baking in Models 3102 and 3103.

GOLDEN LEMON POUND CAKE

- | | |
|-------------------------------------|-----------------------------|
| 1 package yellow cake mix (2-layer) | 4 eggs |
| 1 package lemon jello | $\frac{1}{2}$ cup salad oil |
| | 1 cup water |

Beat all ingredients 2 minutes in large mixing bowl. Pour into greased and floured 3-pound coffee can. Place can in CROCK-POT; cover top of can with 4 to 6 paper towels. Put lid on CROCK-POT and cook on High $3\frac{1}{2}$ to 4 hours. **Do not peek** until last hour.

NOTE: Bake 4-5 $\frac{1}{2}$ hours in 4 $\frac{1}{2}$ -qt. CROCK-POT.

BLUEBERRY CAKE

- | | |
|------------------------------|--|
| 2 eggs, separated | 1 $\frac{1}{2}$ cups sifted flour |
| 1 cup sugar | 1 teaspoon baking powder |
| $\frac{1}{2}$ cup shortening | $\frac{1}{2}$ teaspoon nutmeg (optional) |
| $\frac{1}{4}$ teaspoon salt | $\frac{1}{3}$ cup milk |
| 1 teaspoon vanilla | 1 $\frac{1}{2}$ cups fresh or frozen blueberries |

Beat egg whites until stiff. Add about $\frac{1}{4}$ cup of the sugar to keep them stiff. Set aside.

Cream shortening, add salt and vanilla. Add remaining sugar gradually. Add unbeaten egg yolks and beat until light and creamy. Add sifted dry ingredients alternately with the milk. Fold in beaten whites. Fold in blueberries. (Take a bit of the flour called for in recipe and shake berries in it.) Turn into well-greased and floured 2 or 3 pound coffee can. Bake as directed above for Lemon Pound Cake.

HOLIDAYS. Real holidays! For everyone. Serve hot meals when you want to — not during the last minutes of a crucial ball game, or before the last guest arrives. Keep leftovers in the pot for a later snack — you'll be surprised how long they stay warm!

HOT BUTTERED RUM*(Mix ahead and allow to steep . . . mm-m-m good!)*

- | | |
|--------------------|------------------------------|
| 2 cups brown sugar | 1 whole nutmeg or ½ teaspoon |
| ½ cup butter | nutmeg |
| Pinch of salt | 2 quarts hot water |
| 3 sticks cinnamon | 2 - 3 cups rum |
| 6 whole cloves | |

Put all ingredients in CROCK-POT. Stir well. Cover and cook on High for 2 hours, then turn to Low for 3 to 10 hours. Serve from CROCK-POT in warm mugs. (15-20 servings.)

**WASSAIL**

- | | |
|-------------------------------|------------------------------|
| 2 quarts apple juice or cider | 1 teaspoon whole allspice |
| 1 pint cranberry juice | 1 small orange, studded with |
| ¾ cup sugar | whole cloves |
| 1 teaspoon aromatic bitters | 1 cup rum (optional) |
| 2 sticks cinnamon | |

Put all ingredients in CROCK-POT. Cover and cook on High for 1 hour, then on Low for 4 to 8 hours. Serve warm from CROCK-POT. (About 12 cups.)

**HOT MULLED CIDER***(Keeps perfect serving temperature—better flavor, no last-minute rush!)*

- | | |
|---------------------------|---------------------------|
| ½ cup brown sugar | 1½ teaspoons whole cloves |
| 2 quarts cider | 2 pieces stick cinnamon |
| 1 teaspoon whole allspice | Orange slices |

Put all ingredients in CROCK-POT. If desired, tie whole spices in cheesecloth or put in tea strainer. Cover and set on High for 1 hour, then turn to Low for 2 to 8 hours. Serve from CROCK-POT with ladle.

Hot Spiced Wine: Use above recipe, substituting two fifths of sweet sherry, claret or port wine for cider.

DO YOU REMEMBER?

Long ago a pot of jam or preserves used to simmer on the back of the stove. Now that old-fashioned flavor is easy to create with the CROCK-POT! Occasional stirring is necessary on High but there's no worry of scorching. Cooking method and times will be similar to our Peach Butter recipe. If a thicker preserve is desired, continue cooking overnight on Low with the cover removed. No need to stir on the Low setting. Good for Preserves, jam, chutney or fruit butter.

PEACH OR APRICOT BUTTER

(. . . old-fashioned flavor with new-style ease!)

- | | |
|-------------------------|----------------------|
| 4 1-pound 14-ounce cans | 3 - 4 cups sugar |
| peaches or | 2 teaspoons cinnamon |
| apricots, drained | 1 teaspoon cloves |

Drain fruit and remove pits; puree fruits using blender or food strainer. Pour into CROCK POT. Add remaining ingredients. Cover and cook on High 8 - 10 hours. Remove cover during last half of cooking. Stir occasionally.

VARIATION: Fresh Peach or Apricot Butter: Wash, peel, pit and cook fruit until soft. Add sugar when cooked. (using $\frac{1}{2}$ to $\frac{3}{4}$ cup sugar to each cup of fruit) Add spices and cook as directed in recipe.

CHILI SAUCE

- | | |
|-----------------------------|--------------------------------|
| 5 dried chili peppers, or | 2 tablespoons parsley flakes |
| 4-ounce can red chilies | $\frac{1}{4}$ cup brown sugar |
| 3 1-pound cans tomatoes | 2 teaspoons salt |
| 1 medium onion, chopped | 1 teaspoon fresh ground pepper |
| 2 cloves garlic, minced | 3 tablespoons red wine vinegar |
| $\frac{1}{4}$ cup olive oil | |

Put all ingredients in CROCK-POT. Cover and cook on Low 12 to 18 hours. (High: 5 to 6 hours.) Remove cover during last hour. NOTE: Consistency is improved if you put half the sauce at a time in blender container and blend until smooth.

HOT HOLLANDAISE SAUCE . . . and how to keep it from curdling: Prepare a double recipe of your favorite Hollandaise or Bernaise sauce. Set CROCK-POT to High for 15 minutes then turn to Low. Pour sauce into pot; stir occasionally. Will keep perfect serving temperature for 2 to 6 hours. Sauce may be thinned with small amounts of water; or thickened by cooking on High, uncovered, for a few minutes.

Your CROCK-POT is superior to other types of cookers for cooking wild game! This is because of its thorough, very slow cooking with no evaporation.

Game that is properly prepared, stored, and soaked in a marinade prior to cooking will defy detection as "wild." Marinade imparts good flavor to game without adding any distinctive taste of its own. Popular recipes for marinade can be found in this section.

Yes, the CROCK-POT is a "natural" for large or small game and upland birds. To match the flavor of beef and domestic fowl, game *must* be cooked slowly . . . and this is your CROCK-POT's unique specialty!

Game aficionados have expressed high praise for meats and birds cooked in this new appliance—and you will too. Just remember—game *must be thoroughly cooked*. Better to allow more time than necessary, never less time than is called for in these selected recipes.

MARINADE NO. 1

(A popular "standard" for all game . . .)

½ cup vinegar	2 tablespoons salt
2 cloves garlic, minced	Cold water to cover game

Mix ingredients together in bowl just large enough to cover game with water. Soak frozen or fresh game overnight. No need to stir this marinade. Use for red meat or game birds.

MARINADE NO. 2

(With brandy and vermouth . . .)

1 cup dry vermouth	3 tablespoons fresh lemon
½ cup brandy	juice
½ cup peanut oil	1 bay leaf, crumbled
	Water

Mix ingredients thoroughly. Soak small pieces or thin slices at least 2 hours, stirring marinade frequently. Marinate large cuts or whole birds overnight (stir often, or marinade will separate). Be sure game is covered completely with marinade—use at least two cups water with above recipe, more if needed.

VENISON STEW

- | | |
|---|---|
| 2 pounds venison stew meat,
cut in 1-inch cubes | 1 tablespoon chopped parsley |
| Salt and pepper | ½ cup each, water and dry red
wine |
| 3 stalks celery, cut diagonally
in 1-inch pieces | 8-ounce can tomato sauce |
| ½ cup chopped onion | 1 package (9-ounce) frozen
artichoke hearts (optional) |
| 2 cloves garlic, minced | |

Salt and pepper venison cubes. Brown lightly in 2 tablespoons butter or oil. Put celery and onion in CROCK-POT. Add browned meat cubes and remaining ingredients. Cover and cook on Low for 7 to 12 hours. (High: 4 to 6 hours, stirring occasionally). Serve over rice or buttered noodles.

PHEASANT with WILD RICE STUFFING

- | | |
|--|--|
| 2 stalks celery, cut in 2-inch
pieces | ¼ teaspoon pepper |
| 3-pound ready-to-cook
pheasant | ¾ teaspoon rosemary (optional) |
| 2 tablespoons butter or
margarine | 1 can (4-ounce) sliced mush-
rooms, drained |
| ¾ cup diced celery | 1½ cups cooked wild rice |
| ½ cup chopped onion | 1 can (10-ounce) condensed
cream of mushroom or chicken
soup |
| 2 tablespoons chopped parsley | ¼ cup sauterne, or milk |
| 1 teaspoon salt | |

Place celery pieces in bottom of CROCK-POT as "flavor rack" for pheasant. Rinse pheasant and pat dry with paper towel. In medium skillet, melt butter and saute celery, onion and parsley until lightly browned (about 10 minutes). Add remaining ingredients—except soup and sauterne or milk. Mix together thoroughly.

Spoon stuffing lightly into neck and cavity of pheasant. Truss pheasant with skewers. Place bird with breast down on celery pieces in CROCK-POT. Pour in soup which has been mixed with sauterne or milk. Cover and cook on Low for 6 to 8 hours. (High: 2½ to 3½ hours).

Remove pheasant carefully with metal spatula to serving platter. Serve with the sauce poured over roast pheasant and rice.

CROCK-POT Is A Sporty Traveling Companion . . .

Take your CROCK-POT along when you go hunting, fishing, vacationing. All you need is a desire to be freed from cooking chores, and a place to plug in the pot!

You need hot meals when you're active. And complete, nutritious food. No better way to have really satisfying nourishment than with the CROCK-POT.

Remember—when the fish are biting; the game is plentiful; or the ski slopes are just too good to leave—your CROCK-POT meal is ready when you want to eat. You don't have to schedule your meals. Just eat when you are hungry.

On a long trip, let a complete meal cook overnight while you sleep; then it'll stay warm until you stop for lunch the next day.

VENISON — RABBIT — SQUIRREL — DUCK

(A handy recipe to memorize . . .)

3 to 4 pounds game meat (Very fresh or frozen)	½ teaspoon oregano
Marinade (See Page 62)	1 tablespoon dry parsley (or several fresh sprigs)
1 large onion, cut up	3 tablespoons ketchup or tomato sauce
½ large green pepper, cut up	Cayenne pepper to taste
1 or 2 stalks celery, sliced	1 cup liquid (sauterne, cider, tomato sauce or water)
2 cloves garlic, chopped	
Salt and pepper to taste	

Soak fresh or Frozen meat overnight in marinade. Cut up meat and brown with vegetables in hot skillet 5 to 10 minutes. Place all meat and other ingredients in CROCK-POT. Cover and cook on Low 8 to 10 hours.

NOTE: The "Gourmet Dressing" on Page 38 is an excellent stuffing for game birds such as pheasant, quail or duck. It is also good served as a casserole, with or without game birds.

ROAST WILD DUCK

(Just fine for quail, too . . .)

Soak one large duck or 2 mallards in marinade (See Page 62) overnight. Season inside and out with salt and pepper. Brown well in lightly oiled skillet to remove excess fat. Stuff each cavity with 2 chopped potatoes, 2 chopped carrots and 2 chopped apples (this stuffing, discarded after cooking, absorbs unwanted fat and wild flavor). Place 2 cut up carrots in bottom of CROCK-POT to act as rack for bird(s). Put stuffed duck(s) in pot. Add ½ cup sauterne, dry vermouth or water. Cover and cook on High 2 hours, then turn to Low for 8 hours. Before serving, remove chopped vegetables from each cavity. Serve with rice, baked sweet potatoes or potatoes.

NOTE: If ducks have been skinned, pin 2 bacon strips across each breast and place under broiler for 10 to 15 minutes before serving.



ROAST VENISON

(“Pride of the Ozarks” Pot Roast . . .)

4 pound venison roast	1 tablespoon Worcestershire
2 tablespoons flour	1 teaspoon mustard
2 cloves garlic, minced	¼ cup vinegar or lemon
1 large onion, sliced	juice
2 tablespoons brown sugar	1 pound can tomatoes

Allow fresh or frozen venison to stand overnight in Marinade 1 or 2 (See Page 62). Season with salt, roll in flour and brown in hot skillet. Place in CROCK-POT. Add remaining ingredients. Cover and cook on High for 2 hours, then turn to Low for 8 to 10 hours.

GAME MEAT LOAF

(Why waste so much game?)

Game meat loaf is a tasty way to use venison or other game which was wasted in Grandad's day because there wasn't enough refrigeration then. Use basic Meat Loaf recipe on Page 26, using ground venison or other game instead of beef. Add a small amount of ground suet or pork if game is very lean.

LIQUIDS

Use less in Crock-Pot cooking—usually about half the recommended amount. 1 cup liquid is enough for any recipe unless it contains rice or pasta. Example: if a recipe calls for 2 cans beef broth, 1 will do.

HERBS & SPICES

Leaf or whole herbs and spices are preferred, but their flavor power may increase—so use only half the recommended amount. If you use ground herbs and spices, add during last hour of cooking.

BEANS

Instead of *soaking* beans overnight, cook them overnight on Low with water and 1 teaspoon soda added. Or par-boil. (Especially important in hard-water areas to properly soften beans.)

Drain and combine with other ingredients. Cook according to Time Guide. Be sure beans are softened before you add to any sugar or tomato mixture.

BROWNING MEATS

Seldom necessary—except to remove excess fat. Just wipe well and pat dry. Fats will not “bake off” in the Crock-Pot as in your oven. Pork, lamb, bacon, etc., should be browned and drained before adding to the Crock-Pot.

PRECOOKING

Do not precook seafood or frozen vegetables; just rinse and drain thoroughly before adding to other ingredients. These foods cook quickly. Best to add during last hour of cooking.

TIME GUIDE

IF RECIPE SAYS:	COOK IN CROCK-POT:
15 to 30 min.	1½ to 2½ hrs on High OR 4 to 8 hrs on Low*
35 to 45 min.	3 to 4 hrs on High OR 6 to 10 hrs on Low*
50 min. to 3 hrs.	4 to 6 hrs on High OR 8 to 18 hrs on Low*

HIGH: 300° • LOW: 190°

****Most uncooked meat and vegetable combinations will require at least 8 hours on Low.***

Crock-Pot cooks so gently . . . so a few extra hours on Low need not worry you. Any recipe may be cooked on High the first 2 hours to reduce cooking time, and then turned to Low.

Many recipes say, "bring to boil, then turn down to simmer." In Crock-Pot cookery this is not necessary. Simply set Crock-Pot on Low and forget it. (Refer to Crock-Pot cookbook for similar-type foods.)

QUANTITIES

The quantity of meat, poultry and vegetables may be reduced without affecting flavor. Especially vegetables! If in doubt, cut the recipe in half.

Casserole recipes often suggest a specific size of baking dish. Most recipes will fit into any size Crock-Pot.

Recipes for a 4-qt. Dutch oven will fit the 3½-qt. and 4½-qt. Crock-Pots. For the 6-qt. Dutch oven, use half the recipe.

SAUTEING VEGETABLES

Never necessary!

Stir in chopped or sliced vegetables with other ingredients. Only exception: eggplant should be par-boiled or sautéed, due to strong flavor.

Since vegetables develop their full flavor potential with Crock-Pot cooking, expect delicious results even when you reduce quantities. Example: if a recipe calls for 2 pounds sliced onions you may use only 1 pound. Because vegetables take longer to cook than meat, slice or chop them when possible.

Note: sliced fresh mushrooms, frozen peas or corn should be added during last hour, if convenient, for better color.

TOPPINGS

When a crisp topping of crumbs, bacon bits, tomato wedges or grated cheese is called for, add just before serving.

Dumplings may be cooked in broth or gravy on High. (The 3½ qt. size Crock-Pot limits servings to 3 or 4.) Drop by spoonfuls on simmering stew or liquid. Cook covered for about 30 minutes.

Biscuit, pie crust, or instant mashed potato toppings require baking. Transfer to a baking dish and follow recipe.

PASTA & RICE

If a recipe calls for cooked noodles, macaroni, etc., cook *before* adding to Crock-Pot. Don't overcook—just till slightly tender.

If cooked rice is called for, stir in with other ingredients; add 1 cup extra liquid per cup of raw rice. Use long grain converted rice for best results in all-day cooking.

SOUPS

Some soup recipes call for 2 to 3 quarts of water. Add other soup ingredients to Crock-Pot; then add water only to cover. If thinner soup is desired, add more liquid at serving time.

If milk-based recipes have no other liquid for initial cooking, add 1 or 2 cups water. Then stir in milk or cream as called for, and heat before serving.

MILK

Milk, cream and sour cream tend to break down during extended cooking. When possible add during last hour of cooking.

Condensed soups may be substituted for milk, etc., and can cook for extended times.

GRAVY

To thicken gravies before serving: remove $\frac{1}{2}$ cup liquid from Crock-Pot, stir in recommended amount of flour or cornstarch, return to Crock-Pot and simmer on High 15 minutes. *Or*—stir in $\frac{1}{4}$ cup quick-cooking tapioca at start of cooking. Gravy will thicken as it cooks.

STEW & RAGOUTS

Brown and drain stew meat if fat is visible. Fat or oil for browning may be omitted.

Do not use large quantities of water for stews. Usually 1 cup liquid is enough.

You may wish to add 1 tablespoon of a beef-flavor base at the end of cooking.

CHEESES

Processed cheeses or cheese spreads, such as American, are usually more satisfactory than Cheddar cheese. Try both—see which you prefer.

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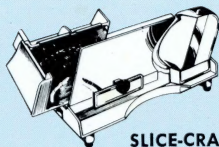
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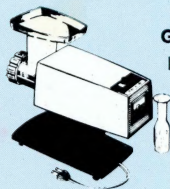
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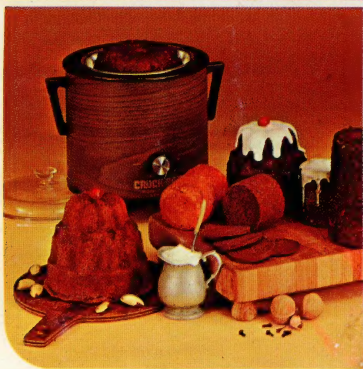
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